



Issue 7 | Term 2 | 2020

TRINITY TRIBUNE

FROM THE PRINCIPAL

The new 'H block'

If you have been on site to Trinity College since Week 5, you will have noticed a new addition to Trinity College's classrooms.

This building is still being refurbished, being one of two blocks that Trinity have entered into an agreement to relocate from our 'sister school' – Carinity*.

This block, temporarily known as 'H block', will house two secondary classrooms as of the beginning of Term 3, to assist in freeing up our Music room, Gifted and Talented room and drama room to be specialist classrooms.

The two rooms closest to the northern 'far' carpark will, in

become home for a second-hand uniform shop, operated under our Parents in Partnership.

If you are interested in seeing through these rooms, please come along to our next Parents in Partnership meeting on Wednesday, 17 June. The tour will happen very shortly after 5pm so we can walk through during daylight hours.

**(Carinity Education Gladstone operates under Carinity, whose head office is based in Brisbane and is a ministry of Queensland Baptists. Trinity College is a ministry of Gladstone Baptist Church, who is a member of Queensland Baptists).*

Mr. Stephen Babbage.



PRESENTING MRS PUKU



Recently our wonderful Year 5 teacher, Miss Johnson, was married amid all the COVID-19 restrictions. We all agree she made a beautiful bride.

Congratulations,
Mr & Mrs Puku

UPCOMING EVENTS

WEEK NINE

NATIONAL BUDDY DAY

Monday, 15 June

PREMIER'S READING CHALLENGE

Monday, 15 June

WEEKLY ONLINE EVENTS

MONDAY

Whole School Chapel

Host: Mr Babbage

WEDNESDAY

Primary Chapel

Host: Year 6 Narin

FRIDAY

Secondary Chapel

Host: Mr Schoeman

LIBRARY NEWS

Premier's Reading Challenge



Commences: Monday, 15 June
Closes: Friday, 28 August

MARINE STUDIES

While Year 9/10 Marine Studies students haven't been able to do their regular marine field trips this term, they have been working on more general biological observations.

The students weekly, home based Environmental Report observations have become more critical as they started uploading their photographic records to the iNaturalist database - an international database of nature observations used by scientists and naturalists worldwide.

Through this they have started to talk with national and international biology experts as they have tried to identify the organisms in their photos. Here are recent photos from Mack (Green Jew Bug), Amali (Geometer Moth Caterpillar) and Zoe (Common Web Spider).



KAITLYN IMPRESSES

Year 7 student, Kaitlyn van der Merwe has not been idle during the COVID-19 restrictions. Kaitlyn has developed the interesting hobby of designing dioramas of the interior spaces within her home. Her eye for detail and creative construction are a credit to her ingenuity and perseverance.



SPORTS UPDATE



Trinity College Rowing Athletes embrace Indoor Rowing

In the world of rowing, Indoor Rowing was originally established for testing. However, in recent years Indoor Rowing has become one of the fastest growing sports worldwide where rowers can compete at state and national titles and also obtain national and world rankings. Indoor rowing is a phenomenal full body workout that utilises up to 86% of our bodies' total muscles. It is a fantastic cardio and strength workout, but it is low impact and offers an unlimited diversity of workouts with one of sport's lowest chances of injury.

Following the success of one of Trinity College's students placing 5th, 7th and 19th at the 2019 Australia Indoor Rowing Championship, Trinity College was successful at receiving funding from Sporting Schools to run learn to row sessions. This funding also allowed us to purchase an additional rowing ergometer (Erg) for our High Performance Unit. Sporting Schools approved for myself, a former on water rower and qualified rowing coach, to run the Sporting Schools Indoor Learn to Row program on their behalf for our secondary students.

Rowing is a very technical sport and students will learn to utilise the very same dynamic and mobilisation warm ups and static warm downs used by the Australian Rowing Team. The Learn to Row program's flexibility allows adaptations to be made to meet the needs, abilities and progress of the group and each individual child.

A very big thank you must go to Mr Robinson and Mr Steenkamp who have worked hard to integrate

the Indoor Rowing program for our students into this year's Wednesday and Friday afternoon activities. We have been delighted to see how popular this program has been with a total of 40 new students learning how to row.

Having fun is paramount to learning and individual personal bests (PB's) are always our goal. It is my belief that when student athletes have fun they are in the right mindset to achieve their goals, experience success and a sense of accomplishment.

Trinity College students have recorded some extremely impressive times on the erg. These times place some of our students not only in the top 10 from last year's results, but some have achieved podium times resulting from the 2019 state titles. These results support Trinity College taking a team to the next level at the QLD State Titles and the National Titles. Details are:

Queensland State Indoor Rowing Championships

Date: 11th October, 2020

Age Groups: U10 - 90+ (Primary and Secondary)

Location: O2 Performance Centre, Sunshine Coast QLD

Australian National Indoor Rowing Championships

Date: 25th October, 2020

Age Groups: U14 - 90+ years (Secondary)

Location: St Peters College, Brisbane

Both competitions vary with different races ranging from 1 minute, 4 minute, 100m, 500m, 1000m, 2000m and relay events. Students will get the chance to meet and learn from representatives from Australia and Queensland Rowing and also see some of the best rowers in Australia compete with them.

Commencing Week 1, Term 3, I will be running additional training sessions before school outside of the HPU on the rowing ergs, to prepare our student athletes for these competitions. These sessions will be a step up and in addition to the

WAA and FAA rowing sessions. They will involve personal and team goal setting, and periodised training programs which have been specifically written in line with the Australian National Rowing program. Training sessions will also be flexible for those students involved in other sports who would also like to compete at the above competitions. Mr Robinson has confirmed his flexibility for our HPU students to also attend these sessions in lieu of their HPU sessions if they would like to compete at State and Nationals. We want to offer as many students as possible this amazing opportunity to compete at a State and National event.

If you would like your child or children to learn to row and or compete at this event, please contact me as soon as possible to discuss and register your interest: sportsdirector@trinitygladstone.qld.edu.au

Students do not need to have already completed rowing training sessions to be considered for the team. I am very happy to consider, assess and teach new rowers to help them compete.

Parents and Staff are also very welcome to compete at both competitions and I am happy to help you all with beginner, intermediate and advanced programs. Parents and students can also compete in relays at these events which are always a lot of fun. We have four months to train which is the perfect time frame to coach your child or children to be rowing at a competitive racing level to achieve their goals. Let's encourage our students who choose to be involved with much love, thanks and praise to our almighty God and his amazing grace.

Annie Grice
Director of Sports
Phone: 4839 0537

