



# TRIDENT LEADS

Newsletter 10  
23rd April 2020  
Term 2, Week 2



Kia ora

As we prepare to move to Level 3 in this is critical time, I have a story to share that reflects some of the challenges that we all face, and some the thoughts that we need to have as we look to coming out on the other side.

## A UNITED EFFORT

There are many stories full of the daring deeds of heroes. Even though he had lost both legs in a flying accident before the Second World War started, the famous flying ace Douglas Bader joined up and fought bravely throughout the war until he was captured and sent to the German prisoner of war camp, Colditz Castle. Although he received many honours for his outstanding war service and his post-war charity work on behalf of disabled people, he told this story. "I remember a tobacconist's shop outside Victoria railway station which had been bombed the previous afternoon, but in the morning there was a trestle table and a notice that said, 'Business as usual', and a grinning Cockney standing beside it. These are the people that we so seldom see, our compatriots who took it. If they had not taken it, if they had not built the aeroplanes and everything else, we could not have fought. We were the glamour boys up there and had something to fight back with — that was the difference. This is what mattered. It was a united effort by everybody." *Acknowledgement of The Bader story: Matthew Syed, The Sunday Times April 12 2020*

We are not at war but we are facing dangerous risks to our lives and our futures. We too have seen the wonderful response of so many members of our community. This often strengthens at times of crisis as we applaud and appreciate our doctors and nurses, our supermarket workers, the support from our neighbours and all the unsung heroes who have got us through.

The real test for us is whether this feeling of unity will sustained when the threat subsides.

I hope so because the strength of this school comes from the united efforts of us all. How we work together will determine for all of us how bright our future will be.

In order to be successful we still have a way to go and the next few weeks will be as equally challenging.

**I do ask that you support us in the following ways:**

### For our Year 9 and 10 Students

1. Adhere to the Government voice – Only come to school if you have to. Please read the letter and complete the questionnaire that was sent out on Monday evening regarding your student's coming to school on 29<sup>th</sup> April.
2. We need to have this information as we are planning how to provide our students and staff with a safe environment while at school. We will provide specific details once we have finalised the lists of students.
3. Students will be working in supervised confined small groups, on the on-line programmes that they have working on at home.

### For our Year 11 to 13 Students

1. Thank you for the work that you are doing at home. Your teachers are very proud of you and you can be sure that we will continue to support over the next weeks.
2. If you have questions, please contact your teachers.



Kia Manawa Nui  
*Philip Gurney*  
**Philip Gurney**  
*M.Teaching (Distinction),  
M.Ed (Distinction). B.A Hons*  
**Principal**



APRIL 25 | ANZAC DAY

Anzac Day is a time to reflect on the servicemen and servicewomen, past and present, who have displayed courage and self-sacrifice serving our country.

ANONYMOUS



## QUALITY WORK – RESPECT FOR OTHERS

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## YOUR CHILD'S WELLBEING

**There is no silver bullet to caring for and growing your own and your children's wellbeing. Just like the dashboard in your car, no single gauge tells you how well your car is running, but rather it is a combination of all the important information you possess. The gold standard model for wellbeing is PERMAH, and your own and your children's wellbeing relies on a combination of all of them.**

A shortfall in one adversely affects the others, and in these current uncertain times, this could easily occur should we all not be vigilant. As James Baldwin said, "Children have never been very good at listening to their elders, but they have never failed to imitate them." Let's have a look at simple things you can do as a family to ensure each of the elements of **PERMAH** are healthy.

**P – Positive Emotions + Gratitude:** it is the frequency of positive emotions, not their intensity, which has the greatest influence on growing your own and your children's wellbeing. For everyone, social connection is the best way to achieve this. To self-generate positive emotions, try these things: exercise first thing every morning, text a friend who is struggling, aim to do three kind acts every day and Facetime grandparents.

**E – Engagement + Mindfulness:** your own negative mind chatter, which causes you to experience fight or flight responses will probably be the biggest thing for you to control and overcome. Remember your children are likely to imitate you. To focus yourself try: create positive *I can and I will* self-talk statement to combat the negatives, colour in for ten minutes and breathe deeply and slowly.

**R – Relationships + Empathy:** other people are the best antidotes for life's ups and downs. Use Zoom, Skype and Google Hangout for you and your children to see happy and smiling faces, break out Uno, Scrabble and other fun games to generate laughter, have fun cooking up hot cross buns, and do Wellbeing Fitness Challenges together.

**M – Meaning + Purpose:** in these times, feelings of vulnerability are perfectly normal for both you and your children. To relieve these feelings, having a strong sense of purpose to focus on something bigger than yourselves to devote your energies to, will assist. As a family, make cards to drop in the letterboxes of elderly people in your street, make fun family videos, and as a family follow and learn about a caring charity.

**A – Accomplishment + Optimism:** to cultivate feelings of optimism in your family that together you can influence your own futures, set a goal at home every day. Try starting a vegetable garden with your children, paint a room or piece of furniture, do one extra sit up or push up, encourage your children to complete one thing at a time from their teachers or an online wellbeing activity.

**H – Health + Strengths:** to keep your own and your children's immune systems strong, focus on the big five – healthy fresh eating, one hour's exercise, at least 8 hours sleep, drinking plenty of water and looking on the bright side of life. An uplifting family activity is to identify your top character strengths by doing the free online Strengths Survey at [www.viacharacter.org](http://www.viacharacter.org). Everyone puts their strengths on the fridge and tries spotting them. *Acknowledgement: Mick Walsh.*

## CAREERS CORNER

### Lockdown Update

This message comes from my bubble to yours and provides an update on Career related activities available during the Lockdown.

### Trades Academy

**Level 2 and Level 3** Trades Academy courses will continue during the Lockdown. They have started. Google classrooms have been set up for students. Although some delivery days have changed, none of our students have been affected by these changes, so Trades days will be as per usual.

**Level 1** students will start only when the face to face delivery option becomes available. Level 1 students and their families have been contacted. For those students, depending on the start date, not all the credits attached to the courses will be delivered - but full details will be provided when that time arrives.

### Careers advice and guidance

Individual appointments to discuss subject choices, career options and further education are still available to all students. Students can make appointments by sending an email to [cannellr@trident.school.nz](mailto:cannellr@trident.school.nz), or text/phone to mobile 027 499 5300.

### Careers Information on the Internet

Here are some websites for you to research on:

Website	Content Description
<a href="http://www.careers.govt.nz">www.careers.govt.nz</a>	Jobs Database, Career ideas, interactive quizzes, CV preparation
<a href="http://www.schoolconnect.co.nz">http://www.schoolconnect.co.nz</a>	Ideas, links between job profiles and employers, job profiles
<a href="http://www.defencecareers.mil.nz">www.defencecareers.mil.nz</a>	Information on all forces, fitness requirements and application processes
<a href="http://www.healthcareers.org.nz">www.healthcareers.org.nz</a>	Careers in health, training, scholarships, advice
<a href="http://www.skills.org.nz">www.skills.org.nz</a>	Electro technology, ambulance, financial services, real estate etc.
<a href="https://school-leavers-toolkit.education.govt.nz/">https://school-leavers-toolkit.education.govt.nz/</a>	A bilingual website with a range of information for students and families

**Robyn Cannell, Careers Specialist**