



Week 3-4 | Term 1 | 2024

TRINITY TRIBUNE

FROM THE DEPUTY PRINCIPAL

The Power of Positivity

It is easy in today's world to feel downcast by the craziness of events across the planet and disappointed by the actions of people around us. Our minds can be fogged and bogged down, and we don't see, let alone enjoy, all that we have to love and celebrate about living in this amazing part of the world.

Embracing a positive mindset not only shapes our perception of the world but also influences our interactions with others. Positivity is contagious. By radiating positivity, we create an environment where encouragement, support, and constructive energy thrive. This ripple effect can lead to stronger relationships, greater productivity, and a sense of interconnectedness within our communities. TCG is one of those communities!

In the face of adversity, maintaining a positive outlook can serve as a pillar of strength. When we confront challenges with optimism, we empower ourselves

to approach them with creativity, resilience, and determination. Rather than being paralyzed by negativity, we find the courage to navigate obstacles and seek solutions. This enables us to embrace change and adapt to new circumstances with a sense of possibility and hope.

By focusing on the good in our lives and practicing gratitude, we can shift our perspective from dwelling on difficulties to appreciating the abundance of positive experiences, no matter how small they may seem.

As we navigate the complexities of life, let us remember the transformative power of positivity. Embracing optimism and resilience can elevate our experiences, nurture our relationships, and fortify our inner strength. By anchoring ourselves in positivity, we not only enhance our own well-being but also contribute to a more compassionate and vibrant world.

Mr Doug Lake



LEGO CLUB



UPCOMING EVENTS

WEEK FIVE

College Photo Day
Thursday 22 February

WEEK SIX

Year 10 Senior Subject Information Evening
Wednesday 28 February
6pm- 7pm

WEEK SEVEN

Year 12 CQU Experience Uni Day

Thursday 7 March
8:30am - 2:30pm

Combined School Musical

Years 5-6
Thursday 7 March
11am - 12:30pm

Crazy Hair Day
Friday 8 March

Y9/10 Marine Studies Lady Musgrave Island
Friday 8 March

WEEK EIGHT

CSSAQ Swimming Carnival Brisbane

Sunday - Tuesday
10 - 12 March

YEAR 8 SCIENCE

This week Year 8 scientists conducted experiments to investigate physical and chemical changes. They observed how increasing the temperature can result in the expansion of gases inside a balloon. They also performed a chemical reaction known as a precipitation, combining two clear liquids to produce a white solid.



UPCOMING EVENTS CONTINUED

WEEK EIGHT

Year 10 Try-A-Trade Day

Female Students Only
Tuesday, 12 March

Combined Schools Musical

Year 7, 8 & Art Students
Tuesday, 12 March
10:30am - 1:30pm

Year 12 Aquatic Practices First Aid Course

Wednesday, 13 March

Year 7 Camp Info Session

Wednesday, 13 March
5:15pm - 5:45pm

Year 8 HASS Excursion Day

Thursday, 14 March

WEEK NINE

Harmony Day & National Day of Action Against Bullying & Violence

Thursday, 21 March

Prep - Year 12 Cross Country - Derby Street

Friday, 22 March

WEEK TEN

Year 9/10 Outdoor Ed Canoeing Camp

Monday - Wednesday
25 - 27 March

Whole School Chapel

Thursday, 28 March
9:50am - 10:40am

Last Day - Term 1

Thursday, 28 March

Good Friday

Friday, 28 March

FOOD FRIDAY TERM 1!

Every Second Friday Commencing:

23rd February

8th March

22nd March

orders need to be in by
7:45pm Wednesday via



If you can spare a couple of hours on any Friday
between 11.45am - 1.30pm to volunteer please contact
karnar@trinitygladstone.qld.edu.au

Please Note:

MasterCard have advised that Android Qkr App users may experience difficulties.

Purchasers can be made via the Website:

<https://qkr-store.qkrschool.com/store/#/home>



ELLA MCINTYRE

She weighs only 71kg herself but Ella McIntyre, a Year 12 student in Trinity College, is capable of lifting an astonishing 98kg from the floor to above her head. And if being a weightlifting champion is not enough, Ella aims to also become the fittest teenager on earth this year.

Although she is still in the qualifying process, every indication is that Ella and her family will travel to America in August to show her steel in the World CrossFit Games. She will be part of a group of 30, all competing for the coveted title of the fittest teenager on earth. "It still feels so surreal."

"Just three years ago I had absolutely no idea I was strong at all. I spent my days in my room eating junk food and picking fights with my two sisters. Now I'm probably able to lift them both above my head simultaneously,"

Ella jokes.

Being the daughter of a man who back in the day competed for Australia in the CrossFit Masters League, Ella grew up knowing all about healthy living and exercising. However, it was only when they moved from Biloela to Gladstone in 2021 that then 13-year-old Ella decided to give it a go.

"I did a workout which included timed 400m rounds, pull-ups and squats with dumbbells. It was pure pain but the endorphins that came after felt so amazing that I could never stop again. I was hooked."

It soon became clear Ella was not only gifted in CrossFit, but that she had a massive talent for Olympic weightlifting as well. Initially she practiced only three times a week but these days she puts in the hard graft for three to four hours every day. Her dad

is her main coach and also her biggest supporter.

"We've got an amazing relationship. He was the first one to tell me I'm probably capable of going somewhere with my sport." Ella proved him right when in October last year she participated in the Oceania Youth Championships held in Samoa. She came second in the female division, kicking dust in the eyes of ladies much, much bigger than her.

There was a mere 1kg difference between the 98kg she lifted and that of the overall winner. "It was heartbreaking but at the same time the best inspiration. I am more motivated than ever to keep on improving and doing better weights."

Ella says starting with the sport has brought so many positive changes to her life. "I am way more disciplined, active and outgoing.





Trinity College
GLADSTONE
Living - Learning - Community

2024 GNA Netball Season

AGE GROUPS

NET: 5-6 yo
SET: 7-8 yo
GO: 9-10 yo
JNR: 11-18 yo
SNR: 14 yo plus

TRAINING:

Monday Afternoons
GNA, Memorial Park, Side St

GRADING:

Tuesday, 12, 19, 26 March

FIXTURES:

Start: Tuesday, 16 April
Last: Tuesday, 13 August

FINALS:

Semi: Tuesday, 20 August
Finals: Tuesday, 27 August
Grand: Tuesday, 3 September

TRINITY CRUSADERS NETBALL



For more information please email:
admin2@trinitygladstone.qld.edu.au

COMMUNITY NEWS

The information provided here is solely for the readers' interest and general knowledge. It is not endorsed or verified by the Trinity College Gladstone.

2024 REGISTRATION



**OPEN
NOW!**

ALL AGES WELCOME

**NEW and RETURNING
PLAYERS**



Visit: <https://www.sparkshockeyclub.com.au/registration>

SQUEELS ON WHEELS PLAYGROUP

At Gladstone Baptist Church (ph: 48390590)

COME AND JOIN US!

TUESDAYS DURING SCHOOL TERMS

9AM - 11AM

4 ARCHER STREET, SUN VALLEY

\$25 PER FAMILY, PER TERM

FRIENDSHIP & COMMUNITY

ART AND CRAFT

INDOOR AND OUTDOOR PLAY

BYO MORNING TEA (NO NUTS)

