

Parent Bulletin



23rd January 2026

As the term continues, it's been encouraging to see our school community coming together so positively. We would like to extend our sincere thanks to everyone who attended our SEN Review Evening and the Live Well Trafalgar Event last night. Both events were very well supported, and it was wonderful to see families, students and staff engaging in thoughtful and meaningful conversations around wellbeing and support.

This week also leads us into Holocaust Memorial Day. Through tutor activities, students have been given time and space to reflect, think deeply, and remember the Holocaust, considering the importance of remembrance, empathy and standing against prejudice in all its forms. In addition, our Year 9 and 10 students were fortunate enough to take part in a live-streamed session where they heard directly from a Holocaust survivor. We would like to thank the students for the respectful, mature and attentive way they engaged with this powerful and important experience.

Finally, we would like to remind parents and carers of our upcoming Year 11 Parent Revision Evening on 29th January. Further information about this event has already been shared via Class Charts, and the evening will conclude with a complementary curry for students and parents following the sessions. We would also like to remind families of our Year 8 Parents' Evening taking place on 12th February. Please keep an eye on Class Charts for further information about booking appointments with teachers.

Stay safe and take care,

Team Trafalgar

Reading Plus Winner

Congratulations Tudor in Year 7, our Reading Plus winner of the week!

Tudor enjoys reading all kinds of books. He had the tough decision of which of Nick Eliopulo's Minecraft Woodsword Chronicles books to choose: Tudor opted for Dungeon Crawl. Happy reading!

Through keeping up with your Reading Plus you stand the chance to win one of our new books from the book vending machine! Which book would you choose?

Also, well done 7G3 for topping our reading leaderboard!

Don't forget to help your class climb the table by keeping up with your English home learning.



Key Dates

- Wednesday 28th January** - Activities Week Pop Up Shop
- Thursday 29th January** - Year 11 & Parent Revision Meal 17:30-19:00
- Wednesday 4th February** - PD Day 2
- Thursday 12th February** - Year 8 Parents' Evening (virtual)

Spring 2026

Uniform & Equipment

Please ensure your children have the correct uniform & equipment with them each day. If you require any support, contact your child's form tutor. Please ensure students have a bag. You can find full details of what they need [here](#).



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Discovering the Power of Languages at the University of Portsmouth

On Tuesday 20th January, students from Mayfield School, Admiral Lord Nelson School, Trafalgar School and Brune Park School had the exciting opportunity to attend the Discover Languages Taster Day at the University of Portsmouth (Park Building).

The visit offered Year 10 language students a valuable insight into university-style learning and the wide range of opportunities that studying languages can open for their futures.

A Day of Exploration and Inspiration

The day began with an introductory talk highlighting the global importance of languages and their role in communication, employability and cultural understanding.

This set the tone for a series of six interactive workshops, where students explored:

- German language
- Living abroad as a student
- Translation
- Interpretation and interactive interpreting
- Chinese Mandarin language and culture
- Careers in languages



Through these sessions, students experienced how languages are taught at university and how they are used in real-life professional contexts.



Broadening Horizons

One of the most powerful messages of the day was that languages do not have to be studied in isolation. Students learned about combined degree options such as Languages with Forensics and Languages with Business, helping them realise that languages can enhance and support a wide range of career pathways.

Students were particularly fascinated by the Chinese Mandarin session, where they explored aspects of Chinese culture and tradition, gaining a deeper appreciation of how language and culture are closely connected.

Real-World Impact

Throughout the day, students were introduced to the wide variety of careers available to linguists, both in the UK and internationally. Real-life examples helped pupils understand how languages are used in fields such as diplomacy, business, education, law, tourism, media and international organisations.

Students left feeling inspired, motivated and excited about the possibilities ahead.



Pupil Voice

"I didn't realise how many different jobs you can do with languages. The careers talk really opened my eyes to how useful languages are."

Eleanor M - Year 10

"The Chinese Mandarin session was my favourite because we learned about the culture as well as the language. It felt very different and exciting especially when the teacher played a traditional musical instrument."

Imogen B - Year 10

"I liked finding out that you can study languages with business or forensics. It made me realise I don't have to choose just one subject."

Sebastien M - Year 10

"The interpreting workshop was really interesting because it showed us how fast and skilled interpreters have to be. It made me respect the job even more."

Oscar I - Year 10

Our Thanks

We would like to extend our sincere thanks to the University of Portsmouth and their incredible team, led by Paul Joyce, for delivering such an engaging and well-organised event. Their passion, expertise and commitment to widening participation made the experience truly memorable for our students.

Events like this play a vital role in raising aspirations, building confidence and showing young people that languages are not only relevant, but powerful tools for their future.

- **Mr Kohli**

Sociology Students Explore Psychology at Portsmouth University

Students currently studying Sociology were recently invited to a taster day at Portsmouth University, where they had the opportunity to explore career pathways and gain insight into the study of psychology.



During the visit, students took part in a range of engaging sessions, including exploring animal behaviour, forensic and criminal psychology, and a virtual reality experience that examined how the brain responds to fear.



The day proved both informative and inspiring, giving students plenty to think about as they consider their post-16 options.

Elevate Education's Spring Term

Parent Webinar Series

Elevate Education delivers high-impact workshops to our students that help to develop their study skills, motivation, and exam preparation. Over the next term, you're invited to join their parent webinar series, where you can help support your child at home by reinforcing the skills they're learning at school.

How to Help Your Child Improve Their Note Taking

13th January 6:00pm (GMT)

How You Can Make Technology an Ally (& Not the Enemy!)

27th January 6:00pm (GMT)

How You Can Help Improve Your Child's Memory

10th February 6:00pm (GMT)

How You Can Help Your Child Prepare for Exams

3rd March 6:00pm (GMT)

How You Can Support Your Child During Exams

17th March 6:00pm (GMT)

Register today at: <https://go.elevateducation.com/ukschoolwebinar>

What Parents & Educators Need to Know about DIGITAL DEVICES & WELLBEING

Children aged 7 to 14 now spend roughly 3 to 5 hours a day on phones, tablets, consoles, and computers. That much screen time has parents and educators worried – not just about the hours logged, but about online safety and the knock-on effects on mental health. This guide brings together practical, expert-backed strategies so adults can nurture healthier digital habits and help young people thrive both on and offline.

WHAT ARE THE RISKS?

SLEEP DISRUPTION

Excessive screen time, especially before bed, can interfere with melatonin production and delay sleep onset. Children may struggle to concentrate or regulate emotions due to poor sleep hygiene linked to late-night device use.

ONLINE PEER PRESSURE

Social media platforms expose children to unrealistic standards and peer validation loops. Likes, comments, and follower counts can influence self-worth and lead to anxiety or risky behaviour to gain approval.

CYBERBULLYING EXPOSURE

Children may encounter bullying through messaging apps, games, or social media. This can be persistent and anonymous, making it harder to detect. Victims often feel isolated and reluctant to report incidents.

REDUCED PHYSICAL ACTIVITY

Time spent on screens often replaces outdoor play and physical activity. This sedentary lifestyle can contribute to obesity, poor posture, and reduced cardiovascular health.

EMOTIONAL DYSREGULATION

Fast-paced digital content can overstimulate young brains. Children may become irritable, impatient, or struggle with boredom and emotional control when not engaged with screens.

PRIVACY AND SAFETY RISKS

Children may unknowingly share personal information or interact with strangers online. Without guidance, they may not understand the long-term consequences of digital footprints or unsafe online behaviour.

Advice for Parents & Educators

SET CLEAR BOUNDARIES

Establish screen-time limits and device-free zones, e.g. classrooms and dinner tables. Use parental controls and co-create a digital use agreement with children to encourage accountability. Trying a visual schedule or timer app can help children understand and stick to limits.



ENCOURAGE OPEN DIALOGUE

Create a safe space for children to talk about their online experiences. Ask open-ended questions like, "What did you enjoy online today?" to build trust and awareness. Try setting aside 10 minutes each day for a digital check-in where children can share what they've seen or done online.



MODEL HEALTHY HABITS

Children mirror adult behaviour. Demonstrate balanced device use, take regular screen breaks, and prioritise face-to-face interactions to reinforce positive behaviours. Making a habit of putting your phone away during meals and conversations can show that real-life interactions come first.



PROMOTE DIGITAL LITERACY

Teach children how to evaluate online content, recognise misinformation, and understand privacy settings. Empower them to think critically and act responsibly in digital spaces. You could use real-life examples from the news or social media to help children practise spotting fake information.

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on seconddment one day a week for Minds Ahead, which works with schools on improving their mental health provision.



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