

Parent Bulletin



12th September 2025

We're excited to share the latest news and updates from Trafalgar following our first full week back! Earlier this week, our Year 11 students enjoyed the Trust event with Omar Sharif at Admiral Lord Nelson – a wonderful experience full of inspiration and insight.

For Year 11 families, we've included a full list of local college open events, complete with dates and times, to help with planning next steps. Across the school, students can check out the timetable for our autumn clubs and decide which ones they'd like to join this term. As the new school year gets underway, we're also reminding everyone of our food service points and what's included in a meal deal.

In addition, we've shared guidance from National College on supporting children when navigating conspiracy theories, and details of our annual trip to the Lille Christmas market.

Stay safe and take care,

Team Trafalgar

Year 11 Students Inspired by Omar Sharif

This week, Year 11 students from across Salterns Academy Trust came together at Admiral Lord Nelson School for a special visit from motivational speaker Omar Sharif.

Through his honest and powerful storytelling, Omar encouraged students to push past self-doubt, build resilience, and follow their ambitions with confidence. His message really struck a chord, giving students a boost of motivation and reminding them that they each have the strength to shape their own future.

The atmosphere in the hall was full of energy and positivity, and many students left feeling inspired and ready to take on the challenges ahead.

We are very grateful to Omar for giving his time and sharing such an uplifting message. His words have left a lasting impression on our young people as they take their next steps.



Key Dates

- Thursday 18th September** - Preparing for Year 11 Evening
- Thursday 25th September** - Year 7 Meet the Tutor Evening
- Thursday 2nd October** - Activities Week 2026 Launch (virtual)

Autumn 2025

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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Extracurricular Clubs for 2025/26

We are excited to begin a new year of extracurricular opportunities designed to inspire, challenge, and engage students beyond the classroom. With a variety of clubs on offer, every student has the chance to explore their passions, develop new skills, and connect with friends.

Here are our offerings for the Autumn Term 2025:

Week A

| Day | Lunch Time (12:55–1:15) | After School (3:00–4:00) |
|-----|---|--|
| Mon | Blooket Club (Ma4) Year 7 Basketball School Choir (Music) Library Chess Club (Library) | Girls Football Year 7 Boys Football Year 10 & 11 Boys Football Photography Club KS3 (Art 2) Lego Robotics (Sc2, Yr 7–10) Homework Club (IT2) |
| Tue | Maths Board Games (Ma2) Year 8 Football KS4 Drama (Y9 & 10, Drama) Library Film Club (EN4) Formula 1 Club (Languages 2) | Minecraft (IT2) Netball Year 8 Boys Football Y10 Art/Photo/3D Catch-up (Invite only) Dance Live! (Drama/Dance/Main Hall) Homework Club (IT2) Bingo (Library) Library (3–4pm) Astronomy Club (Sc6, KS4) |
| Wed | Minecraft (IT2) Year 8 Basketball Colouring Club (Library) Library Book Club (EN6) | MyMaths (Ma1) Table Tennis Basketball Stitch & Style (KS3 Textiles, Art4) Whole School Production Library (3–4pm) Science Curiosity Club (Sc Rm1) Homework Club (IT2) |
| Thu | Creative Writing (EN8) Year 9 Basketball KS3 Drama (Y7 & 8, Drama) Board Games (Library) Library Science Inventors Stories (Sc Rm1) | Library (3–4pm) |
| Fri | Year 10 Football Sports Leaders Quiz Club (Library) MFL Film Club (LA3) Fun Fridays (Library – PC Games) Library Science in the News (Sc Rm6) | KS4 Intervention (Y10 & 11, invite only) Drama Intervention (Y10 & 11, invite only) Library (3–3:30pm) Homework Club (IT2) |





Week B

| Day | Lunch Time (12:55–1:15) | After School (3:00–4:00) |
|-----|---|--|
| Mon | Blooket Club (Ma4) Year 7 Basketball School Choir (Music) Library Chess Club (Library) | Girls Football Year 7 Boys Football Year 10 & 11 Boys Football Lego Robotics (Sc2) Homework Club (IT2) |
| Tue | Maths Board Games (Ma2) Year 9 Basketball KS4 Drama (Y9 & 10, Drama) Year 8 Hums Project (Invite only, KDA HUM1) Library Film Club (EN4) Formula 1 Club (Languages 2) | Minecraft (IT2) Netball Year 8 Boys Football Crafty Creations Art Club KS3 (Art 1) Year 11 Food Prep Intervention (Art 2) Dance Live! (Drama/Dance/Main Hall) Bingo (Library) Library (3–4pm) Homework Club (IT2) Astronomy Club (Sc6, KS4) |
| Wed | Minecraft (IT2) Year 9 Football KS3 3D Printing (Art2) Library Colouring Club (Library) Book Club (EN6) | MyMaths (Ma1) Table Tennis Basketball Y11 Art/Photo/Graphics Intervention Whole School Production Homework Club (IT2) Library (3–4pm) Eco Club (HUM8) Science Curiosity Club (Sc Rm1) |
| Thu | Year 8 Basketball KS3 Drama (Y7 & 8, Drama) Our Amazing World (Humanities, KDA HUM1) Library Board Games (Library) Science Inventors Stories (Sc Rm1) | Library (3–4pm) Homework Club (IT2) |
| Fri | Year 10 Football Science in the News (Sc Rm6) Sports Leaders Library Quiz Club (Library) Fun Fridays (Library – PC Games) Horrible Histories (ARA HUM3, Week A only) | KS4 Intervention (Y10 & 11, invite only) Drama Intervention (Y10 & 11, invite only) Homework Club (IT2) Library (3–3:30pm) |



Reminder for Students – Food Service Points & Meal Deal

We'd like to remind all students – especially our new Year 7s – about where food can be purchased at school and what's included in a meal deal.

Food Service Points:



“The Deli”
Main canteen



“The Kitchen”
Main canteen



“The Pod”
Main Playground

- Canteen – hot meals and a wide range of options
- Pasta Station - fresh pasta pots with a choice sauces
- Deli – sandwiches, wraps, salads, and snacks
- Food Pod (outside) – quick grab-and-go items

Meal Deal:

Any one of the following mains:

- Main meal with vegetables or salad
- Pasta and sauce with salad
- Handcrafted item (baguette, roll, or sandwich)
- Salad box

Plus one of the following:

- Drink
- Dessert or jelly
- Piece of fruit

(Full details are shown on the flyer opposite.)



Year 11 - College Open Events

As Year 11 prepare for the exciting next steps in their education, we've put together a timetable of upcoming college open evenings.

These events are a great opportunity to explore your options, meet staff and students, and get a feel for life at different colleges.

Make sure to check the dates and times listed below. If you have any questions or need further information, don't hesitate to ask your tutor or visit Miss Passmore in the Library.



| College | Dates | Times |
|--|---|---------------|
| City of Portsmouth College Sixth Form Campus 0923 92 383131 www.city-of-portsmouth-college.ac.uk | Wednesday 15th -Thursday 16th October 2025 Please contact the college directly, if you would like to book a 1-1 visit. | 4:30 - 7:30pm |
| City of Portsmouth College Highbury Campus & North Harbour Campus 02392 383131 www.city-of-portsmouth-college.ac.uk | Wednesday 15th -Thursday 16th October 2025 Please contact the college directly, if you would like to book a 1-1 visit. | 4:30 - 7:30pm |
| Havant South Downs College (HSDC) South Downs Campus Havant Campus 02393 879999 www.hfdc.ac.uk | Havant - Wednesday 1st October 2025 South Downs - Tuesday 7th October 2025 | 5 - 8pm |
| South Hampshire College Group 01329 815200 https://shcg.ac.uk/ | Fareham College campus: Tuesday 14th October 2025 | 5 - 7pm |
| St Vincent College www.stvincent.ac.uk 02392 588311 | Wednesday 15th October 2025 | 5 - 7pm |
| Chichester College www.chichester.ac.uk 01243 786321 | Tuesday 7th October 2025 | 4:30 - 7pm |



Jingle All the Way to Lille's Enchanting Christmas Market!

What is included?

- 1 day trip - £160 per student
(deposit £50 and 2x payment of £55)
- The Festive Christmas Market Visit
- Visit the French bakery
- Sightseeing in Lille

Departure

 Friday the 28th of November 2025
Time: 1:30am

 Channel ferry crossings via Dover - Calais

Return

 Saturday the 29th of November 2025
Time: 1:00am



Pick-up Point

TRAFAVGAR SCHOOL

44 spaces available only and **PASSPORT REQUIRED**
FOR FURTHER DETAILS PLEASE CONTACT MR KOHLI



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What Parents & Educators Need to Know about CONSPIRACY THEORIES

Conspiracy theories are false or misleading beliefs that explain events as secret plots, often involving powerful groups. While once fringe, they are now more accessible through digital media, online influencers and because of algorithmic recommendations. The DfE guidance document, 'Keeping Children Safe in Education' (KCSE) explicitly recognises conspiracy theories as potential content risks. This guide will help parents and educators understand the risks, spot the signs, and build children's resilience to conspiracy theories.

WHAT ARE THE RISKS?

UNDERMINING TRUST

Conspiracy theories can lead children and young people to distrust democratic institutions and British Values, teachers, and even their own families and loved ones. This erosion of trust makes young people more vulnerable to extremist narratives by isolating them from reliable sources of information.

ONLINE ALGORITHM TRAPS

Social media platforms can often recommend sensationalist content. Once a child engages with one conspiracy-themed video or post, algorithms push more of the same, thereby creating an echo chamber that can intensify their beliefs.

MENTAL HEALTH IMPACT

Exposure to frightening conspiracy content, such as global plots, viruses, or government control, can fuel feelings of anxiety, paranoia, or hopelessness. For some young people, it can trigger prolonged distress or obsessive thinking.

GATEWAY TO EXTREMISM

Conspiracy theories can often overlap with extremist ideologies. Narratives that blame specific groups, such as politicians, scientists, or particular ethnic groups, can groom children in ways that foster hate, bigotry, and radicalisation.

CONFlict WITH PEERS

Belief in conspiracy theories can lead to isolation or conflict at school. Children may struggle with peer relationships if they express these beliefs or become distrustful of others who disagree; sometimes, confrontation can even result in a strengthening of the belief in the conspiracy theory.

ERODED CRITICAL THINKING

Young people influenced by conspiracies may reject evidence-based learning. This risks undermining their academic progress and weakening their ability to think critically, assess risks, or engage in healthy debate.

I WANT TO BELIEVE

Advice for Parents & Educators

CREATE SAFE CONVERSATIONS

Don't mock or dismiss any questions that children and young people ask about conspiracy theories. Instead, create open, judgement-free spaces to talk. This strengthens trust and makes it more likely they will confide in you.

I THINK ...

PROMOTE CRITICAL THINKING

Teach young people how to assess information critically. Encourage them to ask appropriate questions, such as: Who is telling me this? What evidence is there? What do other trusted sources say? Use real examples from current media to explain your answers and reasoning.



MONITOR DIGITAL BEHAVIOUR

Be aware of the content children are accessing, especially on platforms such as TikTok, YouTube, or Reddit. Use parental controls, but more importantly, maintain ongoing dialogue about online experiences and influencers.



REINFORCE RELIABLE SOURCES

Point children toward trustworthy and reliable sources of news and information in a variety of formats tailored to the young person's age. Build habits of verifying facts using reliable sources, and teach them how to spot misleading content.



Meet Our Expert

Brendan O'Keeffe is a headteacher and digital education consultant with over a decade of experience in education. As Director of Digital Strategy across multiple schools and an advisor to The National College, he specialises in digital safety, PREVENT, and pastoral care.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/conspiracy-theories>

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