

Parent Bulletin

27th March 2026

Welcome to this week's Parent Bulletin!

We've reached the end of another term, and what a busy and brilliant few weeks it has been. A huge thank you to all parents, carers, and students for attending your RAP meetings during our Annual Progress Review Day earlier this week. These conversations play a vital role in celebrating progress and planning next steps, and we truly appreciate your engagement and support.

Inside this bulletin, Year 11 students and families will find our Easter Booster Timetable. These revision sessions are designed to provide focused support over the break as students prepare for the upcoming exam season, and we strongly encourage all Year 11s to take advantage of the opportunities available.

We would also like to congratulate all students who took part in the Easter Concert. Their hard work and confidence really shone through their performance. Thank you to the families who joined us, and a special thank you to our Performing Arts team for organising such a fantastic showcase.

As we close the term, we hope everyone enjoys a restful and enjoyable Easter break.

Until next term!

Team Trafalgar

A Once-in-a-Lifetime Performance at the Royal Albert Hall

Over the weekend, Year 9 student Sam represented the Portsmouth Royal Marines Volunteer Cadet Corps at the prestigious Mountbatten Festival of Music 2026 at the Royal Albert Hall.

To mark 125 years of the Volunteer Cadet Corps, twelve cadets were invited to march on stage during a special performance of Harkness, a piece composed in honour of the Corps' founding member.

After days of rehearsals and three performances across the weekend, Sam described the experience as truly unforgettable and a highlight of his three and a half years with the RMVCC.



Key Dates

Monday 13th April - Students back in school

Thursday 16th April - Year 6 Transition Evening 6-7pm

Friday 1st May - INSET Day & Year 11 Aim Higher Conference

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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Easter Booster Sessions 2026

As we move into this important stage of Year 11, we are pleased to share that a wide programme of Easter Booster Sessions will be available to support students in the lead-up to their GCSE exams. We encourage all students to make the most of these sessions and to approach the weeks ahead with focus, determination, and a positive mindset. Your support during this crucial period is greatly appreciated.

	Monday 30 th	Tuesday 31 st	Wednesday 1 st	Thursday 2 nd	Friday Bank Holiday
AM	History - Germany 9-12pm EPK, KDA Hu1, Hu2 Ancient History Persia and Alexander the Great 9-12pm LHU Hu5	Science Foundation 9:00-11:30am RMA, LCU, TPU Sci3, Sci6 Sociology 9-12pm LHU HU5 Photography, Graphics, 3D Design 10-3pm RAL, LMO, ERA Art 1, 2 & 3	Business - Paper 2 9:30-12pm AGH, PDU Ma6 Performing Arts Music, Drama, Dance 9-2pm SLE, AJR Drama and Music Room	English Literature Shakespeare 10-12:30pm Macbeth: JLE En8 OR Romeo & Juliet: KWA, SRE En5	
PM	History - Elizabeth 12:30-3pm EPK, KDA Hu1, Hu2 Ancient History Rome and Cleopatra 12:30-3pm LHU Hu5	Science – Higher and Triple 12:30 – 3pm RMA, LCU Sci3, Sci6 Photography, Graphics, 3D Design 10-3pm RAL, LMO, ERA Art 1, 2 & 3	Business - Paper 1 12:30 – 3pm AGH, PDU Ma6 Performing Arts Music, Drama, Dance 9-2pm SLE, AJR Drama and Music Room	Computer Science 12 - 3pm OWH IT2	

	Monday Bank Holiday	Tuesday 7 th	Wednesday 8 th	Thursday 9 th	Friday 10 th
AM		Geography Paper 3 9-12pm HHI, SCO, MGR HU6 Further Maths 9:30 – 12pm CPA Ma6	Maths Foundation and Higher 9-12pm ARI, SMA, ENU Ma5, Ma4 Fine Art and Food Prep 10-3pm FGE, GMO Art 2 & 3 Statistics Higher 9-12pm CPA Ma6	Maths Foundation 9-12pm CPA, ARI, SBR, SMA Ma5, Ma6 French and Spanish – Higher 9-12pm AKO, SRA, JGO La1, La4	Computer Science 9-12pm OWH IT2 Health and Social Care Exam Revision 9-11:30am LNE, EPO Hu5 Sports Studies 9-11:30am Exam Revision DST: Hu4 Coursework SLL: IT1
PM		English Literature Inspector Calls & Christmas Carol 1-4pm KWA, CHE En1, En5 Further Maths 12:30-3:30pm CPA Ma6	Fine Art and Food Prep 10-3pm FGE, GMO Art 2 & 3 GCSE PE 1. Practical (table tennis & handball only) 12.30-1:45pm 2. Theory 1:45 - 3.00pm CFU Hu5 Statistics Higher 12:30-3pm CPA Ma6	Maths Higher 12-3pm ENU, CPA Ma4 French and Spanish – Foundation 12:30-3pm AKO, SRA, JGO La1, La4 Film Studies 1-4pm CHE En1	Health and Social Care Coursework 12-2:30pm EPO IT1 Sports Studies Coursework 12-2:30pm DST IT2

End of Term Awards

It has been an incredibly busy and exciting term filled with loads of achievements and our fantastic community have been embodying our core values and smashing expectations every day!

Here is a list of some of our students who have received awards in our end of term celebration, in recognition of their successes.



Top Boy is Saicharan



Top Girl is Anousha



HOH Star Students

Temeraire: Bethan T

Britannia: Kelsie D

Sovereign: Thomas Y

Victory: Lola B

Well done to every student who received an award! Have a great break and we'll see you in a couple of weeks!

Celebrating Creativity: Sugar & Spice Portsmouth

We're proud to share that a group of our talented students have contributed to *Sugar & Spice Portsmouth*, a joyful new exhibition that reimagines familiar city landmarks as edible-inspired architectural models!

Created by young designers from local schools and the University of Portsmouth, this imaginative project explores our city's heritage, creativity and community spirit — encouraging everyone to see Portsmouth through a new and colourful lens.

The free exhibition runs from 29 March to 12 April at Pitt Street Skatepark, with a special preview event on 28 March (4–6pm). Visitors can discover the students' work, celebrate local landmarks, and even vote for their favourite model.

It's the perfect Easter outing for the whole family — celebrating local talent and Portsmouth's architecture in the sweetest way possible.

29 March–12 April | Pitt Street Skatepark,
Portsmouth



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Your feedback matters!

We really value your opinions and would love to hear about the things we are doing well, and what we could do to make things even better for you and your child!

SCAN ME!



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OPEN
EVERY DAY
EXCEPT
APRIL 5

MARCH 29 -
APRIL 12

SUSTAINABLE
CONSERVATION
TRUST PRESENTS

FREE EXHIBITION

SUGAR

& SPICE

PRIVATE
PREVIEW
MARCH 28
4-6PM

ALL THINGS NICE PORTSMOUTH

email studio@studioconservationtrust.com for more details

PITT STREET
SKATEPARK,
315 COMMERCIAL RD,
PORTSMOUTH,
PO1 4AY



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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.

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.

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.

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 secondment one day a week for Minds Ahead, which works with schools on improving their mental health provision.



#WakeUpWednesday

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