

Parent Bulletin

17th April 2026

Welcome to the first Parent Bulletin of the Summer Term!

We hope you all had an enjoyable Easter break and that students have returned refreshed and ready for the term ahead. The summer term is always a busy and exciting one, and we are pleased to welcome everyone back.

Please note that Friday 1st May is an INSET Day for Years 7–10, when students in these year groups will not be in school. Year 11 students will attend as normal for their Aim Higher Conference, supporting them as they prepare for the start of their GCSE exams.

Over the holiday, students on our ski trip enjoyed an unforgettable experience, and it was fantastic to follow their adventures on social media. Many lasting memories were made, and we extend our thanks to Miss Potter and the staff team for organising such a successful trip.

Inside this bulletin, you'll find cost-of-living support information from Portsmouth City Council, as well as useful safeguarding advice for families.

Finally, we were delighted by the excellent turnout at our Year 6 Information Event yesterday. There was a real sense of excitement, and we very much look forward to welcoming our new families into the Trafalgar community in September.

Until next week!

Team Trafalgar

Blue Skies visit BAE

On Tuesday, our Blue Skies Year 9 students visited BAE as part of a programme focused on understanding motivation, working with others, and developing self-awareness.

Throughout the day, students took part in a range of engaging group challenges designed to build confidence, teamwork and leadership skills.

Their behaviour was fantastic throughout, as always, and they approached every activity with enthusiasm and maturity. We are extremely proud of their efforts and the way they represented the school.



Key Dates

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

Friday 1st May - GCSE Exam Season begins

Monday 4th May - May Bank Holiday (School closed)

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](https://trafalgarschool.org.uk).



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Andorra 2026! A trip that was SNOW much fun!

During the Easter break, 27 pupils ranging from year 7-10 took part in an unforgettable ski trip to Andorra. After a long but well-worth-it 26-hour journey, the group spent five fantastic days skiing, learning new skills and developing confidence both on and off the slopes. Every group successfully made it up the ski lift and confidently skied down a green slope, with some groups even progressing to complete a red run — an incredible achievement. Pupils pushed themselves beyond their comfort zones, showed resilience when faced with challenges, and supported one another throughout the week, forming new friendships and memories that will last a lifetime.

Alongside skiing, pupils enjoyed a variety of evening activities, including a trip to a local pizza restaurant and a fun night at the arcade and bowling alley. Lunchtimes were filled with laughter as everyone made the most of the snow, building snowmen, making snow angels and enjoying snowball fights. After a week packed full of activity, excitement and outdoor adventure and slope-side laughs pupils returned to enjoy a restful second week of Easter break before returning to school.



Reading Plus Winner

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



Thomas chose '101 recipes every teen needs to cook' by Isabella Miller. Thomas enjoys making chilli and hopes to try cooking some more dishes with his mum. Happy reading and cooking!

By 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.



Leaderboard	
Top Classes - Total Avg. Reading Lessons (SR)	
1. 7G3/En 25/26	77.6
2. 8R1 25/26	58.7
3. 7G1/En 25/26	58.2
4. 7R2/En 25/26	55.3
5. 7R1/En 25/26	50.3

BILLS COST OF LIVING FOOD SUPPORT & ADVICE DEBT

FOR ADVICE AND SUPPORT IF THINGS ARE TOUGH

We know times are still tough for people in Portsmouth, and many are impacted by high costs. There is lots of assistance to:

Check what financial support you're entitled to

Find out how you can keep your costs down

Get advice to help you get out of debt

Visit our online cost of living hub, a one-stop source of local advice and support, at portsmouth.gov.uk/costofliving or call **023 9284 1047**. The helpline is available from 9am-5pm on weekdays (closes 4:30pm Fridays).

NEED MONEY HELP?

A new crisis and resilience fund will launch April 2026, replacing the government's household support fund. It will provide preventative support to individuals and communities, as well as helping low-income households facing a financial crisis. Find information on our dedicated webpage: www.portsmouth.gov.uk/crf

MORE HELP ONLINE

Visit our online cost of living hub for information on how you can get support with food, bills, and essentials, saving money and dealing with debt, housing, health and wellbeing, and jobs and skills.

You can also find support for families, help for local businesses, and ways you can help your community.

portsmouth.gov.uk/costofliving

YOUR LOCAL HOUSING OFFICE

If you're a council tenant, your housing officer has access to specialist money advice to help make sure you're getting all the money you're entitled to:

portsmouth.gov.uk/contact/#housing

ADVICE PORTSMOUTH

You can get help with a range of money matters, including debt advice, benefit entitlements and applications, household bills and budgeting, consumer issues and employment rights:

adviceportsmouth.org.uk ☎ **023 9279 4340**

SWITCHED ON PORTSMOUTH

As a Portsmouth resident, you can access a number of ways to save energy, money and carbon:

switchedonportsmouth.co.uk ☎ **freephone 0800 260 5907**






A message for parents and carers about knife crime and safety

We know that parenting can feel especially worrying at times, particularly with news stories and social media shaping how safe the world feels for our children. This short guide shares key information and practical advice to help you understand the risks, start conversations, and support young people to make safer choices.

Reassurance for Parents

Most young people do not carry knives. When a young person does consider carrying a weapon, it is usually driven by fear and feeling unsafe, not by a desire to harm others. With calm conversations and support from trusted adults, young people can and do make positive choices.

Why Might a Young Person Carry a Knife?

Some young people may carry a knife because they:

- Fear becoming a victim of violence
- Feel pressure from peers or online content
- Feel unsafe or marginalised in their community
- Believe (incorrectly) that carrying a knife will protect them

Carrying a knife does not make someone safer — it increases risk.

The Law – What Parents Should Know

- It is illegal to carry a knife or offensive weapon in public, including schools.
- Carrying a knife “for protection” or “for someone else” is not a defence.
- Young people can face up to four years in prison, a criminal record, and long-term consequences for jobs, education, and travel.
- Some knives are illegal to own at home, including zombie-style knives.
(From 1 August 2025, ninja swords will also be illegal to possess.)

The Risks and Consequences

- Serious injury or death is more likely when a knife is present
- Violence can escalate very quickly
- Young people may be targeted if known to carry a weapon
- A single incident can change lives forever

Signs That May Raise Concern

You may notice:

- Sudden changes in behaviour (withdrawn, aggressive, secretive)
- Fear of leaving home or attending school
- Increased or secretive social media use
- Injuries, going missing, or mixing with older peers

Trust your instincts — you know your child best.

Practical Ways to Help Keep Your Child Safe

- Know what knives and blades you have at home and store them safely
- Dispose of unused knives at local surrender bins
- Be aware of unusual online purchases
- Talk regularly about how your child feels when out or online
- Get to know the apps and platforms they use
- Stay connected with other parents and carers

Talking to Your Child

- Choose calm moments and listen without judgement
- Keep conversations ongoing rather than one-off
- Reinforce that walking away is the bravest choice
- Encourage them to talk to a trusted adult if something feels wrong

You may find the Safe ‘T’s helpful:

- **T**rust instincts
- **T**ake a breath
- **T**alk to a trusted adult

Support Is Available

You are not alone. Support includes:

- The Ben Kinsella Trust – resources and parent sessions
www.benkinsella.org.uk
- Fearless – anonymous reporting for young people
www.fearless.org
- NSPCC Helpline – advice for parents and carers
www.nspcc.org.uk
- Childline – free, confidential support for children
0800 1111

Information from WSCC Partnership Ben Kinsella Trust Helping our children stay safe- a guide to knife crime and safety for parent and carers_



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What Parents & Educators Need to Know about IMAGE-ALTERING FILTERS

From playful puppy ears on Snapchat to 'beauty mode' on TikTok, image-altering filters are now a routine part of how young people communicate online. While many are harmless, others subtly reshape people's faces and bodies. This can blur the line between reality and edited content, potentially influencing how children and young people see themselves and others.

WHAT ARE THE RISKS?

ALTERED BEAUTY STANDARDS

Many 'beauty' filters smooth skin, reshape facial features, or adjust body proportions. Over time, repeated exposure to these filters can shift a child's idea of what is 'normal' or attractive, creating unrealistic expectations about their own and others' appearances.

PRESSURE TO LOOK PERFECT

Filtered images can often attract more 'likes' and positive comments. This can encourage children and young people to rely on editing tools to gain others' approval, rather than feeling confident in their natural appearance.

LOW SELF-ESTEEM

Regularly viewing heavily filtered content can lead to comparisons with unrealistic images. This is linked to body dissatisfaction and reduced self-esteem, particularly among children and teenagers.

HIDDEN ADVERTISING

Some filters are linked to beauty products or trends, subtly promoting third-party brands. Children and young people may not recognise this as advertising, while also sharing personal data – such as facial images and usage habits – with apps and third parties.

BLURRED REALITY

As filters become more advanced and natural-looking, it can be difficult for children and young people to distinguish edited content from real life, especially when filters are used in everyday photos and videos.

SEXUALISED EDITS

Certain tools can make users appear older or more sexualised. This may attract unwanted attention, increase the risk of images being shared without consent, and expose young people to unsafe interactions.

Advice for Parents & Educators

START OPEN CONVERSATIONS

Talk regularly about filters, such as how they work and why people use them. Ask the children and young people in your care how filtered images make them feel and encourage honest discussion without judgement.

CHALLENGE 'PERFECT' POSTS

When viewing content together, gently point out the signs of editing, filters, or posing techniques. This builds critical thinking and helps children and young people question unrealistic images.

REINFORCE WHAT'S REAL

Help children and young people understand that filtered images are digitally altered and are not an accurate reflection of real life. Emphasise that they don't need to meet these artificial standards.

PROMOTE OFFLINE CONFIDENCE

Encourage activities that build self-worth beyond appearance, such as sports, hobbies, friendships, and creative interests, so that confidence isn't tied solely to online validation.

Meet Our Expert

Parven Kaur is a digital parenting expert and founder of Kids N Clicks, a platform dedicated to helping parents navigate the online world alongside their children. She is an expert contributor for Internet Matters, offering practical guidance on emerging online safety issues. Her insights have been featured by the BBC, The Telegraph, TalkTV, and other major media outlets, supporting families across the UK.



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