

Parent Bulletin



2nd October 2026

Welcome to this week's Parent Bulletin.

Thank you to all of our Year 7 students, parents and carers who attended this week's Meet the Tutor Evening. It was wonderful to meet so many families, celebrate the positive start that students have made to life at Trafalgar, and discuss the year ahead. We greatly value these opportunities to strengthen the partnership between home and school, and look forward to supporting our Year 7 students throughout their first year with us.

Looking ahead, we are excited to host our Open Evening next week. We would like to thank the many students who have volunteered to support the event as department helpers and tour guides. If your child is helping and has not yet collected a permission letter from their tutor, please ensure they do so and return it to school as soon as possible.

A reminder that, following Open Evening, students should arrive at school at the slightly later time of 9:40am. Students should go directly to tutor time on arrival before lessons begin at 10:00am.

In this week's bulletin, you will find an important update regarding our school uniform policy, information about the upcoming Portsmouth Parent Voice drop-in sessions, details of college open events for Year 11 students and families, and guidance from The National College about the online trend known as "looksmaxxing" to help parents support safe and positive online experiences.

Until next week!

Team Trafalgar

Hot Chocolate with the Head

Each week, students are nominated by staff in recognition of their positive attitude, outstanding effort, exemplary behaviour, kindness towards others, or for demonstrating our school values in action.

This week's nominee is Will!

Will has had a phenomenal start to the year; plenty of praise points and is working really hard in all his subjects, which is an enormous turnaround from last year.

Recognised and nominated by Mrs Matthews, we'd like to join herself and Miss Pearse in saying a big well done! #HotChocFri



Key Dates

Thursday 8th October - Open Evening 6:00-8:00pm

Friday 9th October - Late Start - 9:40am

Thursday 15th October - Preparing for Year 10

Information Evening 6:00-7:00pm

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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Uniform Update

We understand that the cost of school uniform can be a concern for families, and we want to reassure parents that we are committed to keeping costs as low as possible whilst maintaining our high expectations and strong sense of school identity.

As a reminder, the only branded uniform items currently required are the following:

- School blazer
- School tie
- PE top

Other essential items can be purchased from supermarkets or high-street retailers, including:

- Plain white shirt
- Plain black trousers
- Plain black PE shorts or tracksuit bottoms

A few additional branded items remain available, but these are entirely optional, including branded skirts, shorts, jumpers and the PE training top. Please note. Non-branded skirts/shorts are not permitted. We are exploring options with our uniform provider about the school jumper and will keep parents informed of any changes.

Last year, we wrote to families to explain this position and to confirm that the uniform policy was under review. Following feedback and careful consideration, governors have recently approved an updated Uniform Policy, which introduces additional non-branded PE options to help students stay warm during the winter months, whilst reducing costs for families.

We are always keen to hear from our parents and carers if you have any questions, suggestions or concerns, and if so, please do get in touch with the school. We are committed to listening, responding to feedback, and continually improving the experience we offer to our students and families.

Year 11 College Application Support Day

On Monday 5th October, we will be welcoming representatives from a number of local colleges to support our Year 11 students with completing and submitting their post-16 college applications.

Representatives from City of Portsmouth College, Havant & South Downs College, South Hampshire College Group, UTC Portsmouth and Chichester College will be based in the Main Hall throughout the day. Students have each been allocated a 15-minute appointment with their chosen college(s) and will be guided through the application process.

Students applying to more than one college should ensure they check all of their appointment times carefully. Appointment schedules will also be displayed in the school foyer on Monday morning.

To help appointments run smoothly, students must bring parent/carer contact details with them. It is important that students arrive promptly for their allocated appointment, as it will not be possible to reschedule missed sessions.

Once applications have been completed, students will return directly to their lessons.

This is an excellent opportunity for Year 11 students to receive personalised support as they take the next step in planning for their future education. We appreciate your support in ensuring your child is prepared for their appointment and has the information they need.



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Year 11 - Upcoming College Open Events

Our Year 11 students are now beginning to explore their post-16 options, and the months ahead provide an excellent opportunity to visit local colleges, sixth forms and training providers.

Open evenings and information events allow students and families to learn more about courses, entry requirements, enrichment opportunities and future career pathways. Attending a range of events can help students make informed decisions about their next steps after GCSEs.

The Year 11 College Events Calendar can be found opposite and includes dates for local open events throughout the autumn term. We encourage students and parents/carers to take advantage of these opportunities and begin exploring the pathways that best suit their interests, strengths and aspirations.

View the full College Events Calendar opposite and check provider websites for the latest event information.

COLLEGE EVENTS CALENDAR

2026-2027

COLLEGE	DATES & TIMES
HSDC South Downs www.hsdac.ac.uk	Tuesday, 6 October 2026 (5:00 PM – 8:00 PM) South Downs Campus – College Road, Waterloooville, PO7 8AA Saturday, 7 November 2026 (10:00 AM – 1:00 PM) South Downs Campus – College Road, Waterloooville, PO7 8AA
HSDC Havant www.hsdac.ac.uk	Wednesday, 30 September 2026 (5:00 PM – 8:00 PM) Havant Campus – New Road, Havant, PO9 1QL Saturday, 7 November 2026 (10:00 AM – 1:00 PM) Havant Campus – New Road, Havant, PO9 1QL
COPC Portsmouth www.city-of-portsmouth-college.ac.uk	Wednesday, 14 October and Thursday, 15 October 2026 (4:30 PM – 7:30 PM) Sixth Form Campus (A Levels) – Tangier Road, Portsmouth, PO3 6PZ
COPC Highbury & North Harbour www.city-of-portsmouth-college.ac.uk	Wednesday, 14 October 2026 (4:30 PM – 7:30 PM) Highbury Campus (Vocational & Technical) – Tudor Crescent, Portsmouth, PO6 2SA North Harbour Campus (Construction & Trades) – Unit 1 Harbourgate, Southampton Road, Portsmouth, PO6 4BQ Thursday, 15 October 2026 (4:30 PM – 7:30 PM) Highbury Campus (Vocational & Technical) – Tudor Crescent, Portsmouth, PO6 2SA North Harbour Campus (Construction & Trades) – Unit 1 Harbourgate, Southampton Road, Portsmouth, PO6 4BQ
Chichester College www.chichester.ac.uk	Tuesday, 6 October 2026 (4:30 PM – 7:00 PM) Chichester Campus – Westgate Fields, Chichester, PO19 1SB Saturday, 7 November 2026 (10:00 AM – 1:00 PM) Chichester Campus – Westgate Fields, Chichester, PO19 1SB
South Hampshire College Group – Fareham and CEMAST Campus www.shcg.ac.uk	Thursday, 15 October 2026 (5:00 PM – 7:00 PM) Bishopsfield Road Campus (Main Campus) – Bishopsfield Road, Fareham, PO14 1NH Tuesday, 10 November 2026 (5:00 PM – 7:00 PM) CEMAST Campus (Engineering & Manufacturing) – 1 Meteor Way, Broom Way, Lee-on-the-Solent, PO13 9FU CETC Campus (Civil Engineering & Construction) – 1 Meteor Way, Broom Way, Lee-on-the-Solent, PO13 9FU

Trafalgar School WhatsApp Channel

Have you followed our WhatsApp Channel yet? Our official Trafalgar School WhatsApp Channel is now live and provides a quick and convenient way to keep up to date with important school announcements, key dates, event reminders, student achievements and urgent notifications.

The channel complements our existing communication methods, providing parents and carers with another easy way to stay informed about school life.

To follow the channel, simply scan the QR code opposite or [visit this link](#). Once you're following, updates will appear directly within WhatsApp. Thank you for your continued support!



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Reading Plus Winner of the Week!

Congratulations to Liam in Year 9, our Reading Plus winner of the week!

Liam chose the mythical adventure 'Once There Was' by Kiyash Monsef. We hope you enjoy reading your new fantasy story!

Well done 8G2 for topping the reading leaderboard!

Don't forget, you can help your class climb that leaderboard and be in with chance of winning one of our new books from the book vending machine by keeping up with your English Independent Practice.

Leaderboard

Top Classes - Total Avg. Reading Lessons (SR)

1. 8G2/En - 26/27	8.6
2. 8R2/En - 26/27	8.5
3. 8R4/En - 26/27	8.0
4. 7G3/En - 26/27	8.0
5. 9G1 - 26/27	6.8







PPV CAMHS

DROP IN SESSIONS



CAMHS will be joining us monthly to discuss different topics and answer any questions you may have about your child or young person relating to their service offer.

Tuesday 6th October 2026
10am - 12pm
Mental Health

Central library, Lower Ground Floor,
Guildhall Square, Portsmouth PO1 2DX

Further information:
ppvadmin@hspportsmouth.org.uk



3rd November 2026
1st December 2026
5th January 2027
2nd February 2027
2nd March 2027
6th April 2027
4th May 2027
1st June 2027
6th July 2027







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8th October 2026
6:00 - 8:00 pm

OPEN EVENING

Refreshments will be available to purchase on site

- Hear from our Acting Headteacher
- Explore our facilities
- Meet our students
- Learn about our curriculum
- Chat to the Senior Leadership Team

Guided tours on 12th, 14th & 16th October - Book via our website

Trafalgar School,
London Road,
Hilsea,
Portsmouth
PO2 9RJ

For more information visit our website:
trafalgarschool.org.uk



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What Parents & Educators Need to Know about LOOKSMAXXING

WHAT ARE THE RISKS?

Looksmaxxing is an online trend focused on improving one's physical appearance, particularly among boys and young men. At the milder end, it can involve grooming, skincare, diet and exercise advice, sometimes called "softmaxxing". At its extremes, or "hardmaxxing", it can promote unproven or dangerous practices and contribute to body image concerns, low self-worth, and mental health difficulties.

TARGETING MALE INSECURITIES

Although usually aimed at men, looksmaxxing can also reach boys by promising to improve their appearance and dating success. Forums offer 'objective', and sometimes brutal, views on attractiveness, while influencers may make appearance seem all-important. Advice ranges from useful tips on hygiene, skincare, and fashion to more concerning guidance.

DUBIOUS ADVICE

Some advice moves into dubious territory. One example is "mewing", a tongue exercise claimed to create a more masculine jawline. The American Association of Orthodontists says evidence for its effectiveness is limited and warns that following such guidance could contribute to tooth alignment problems, bite issues, and speech difficulties.

EXTREME REMEDIES

Some DIY remedies are even more extreme and potentially dangerous. While fears of "bonesmashing" – which involves trying to alter the cheekbones using blunt objects for a more 'masculine' appearance – may sometimes be overstated in the media, other guidance can also cause harm. Untrained use of microneedling and derma rollers, taking substances or medication without appropriate medical guidance, and overusing skincare products can all have potentially harmful consequences.

BODY IMAGE ISSUES

This pursuit of physical perfection can become obsessive and contribute to serious body image issues. Exposure to looksmaxxing content can encourage teenagers to tie their appearance to their value and self-worth, as well as making boys and young men feel they need to change perfectly normal aspects of their appearance. This can be associated with disordered eating, overexercising, or other obsessive behaviours that interfere with everyday life.

MENTAL HEALTH PROBLEMS

As well as the physical consequences, body image concerns can be associated with mental health difficulties, such as depression, anxiety, low self-esteem, body dysmorphic disorder, and psychological distress. They can cause problems both at school and at home, with children and young people potentially avoiding social situations because they fear their appearance will be negatively judged by others.

A PATHWAY TO EXTREMES

Looksmaxxing has its roots in online 'incel' communities but has since become more mainstream on platforms such as TikTok. Algorithm-driven feeds may show users more extreme material as they interact with similar content. Some looksmaxxing spaces have also been linked with misogynistic, incel, and white supremacist ideologies.

Advice for Parents & Educators

WATCH FOR CHANGES

Keep an eye out for concerning behavioural changes in children and young people. This could include an obsession with diet and exercise, spending more time on social media apps, becoming secretive with their phone, or a shift in how they interact with friends and family. If a young person suddenly becomes distressed by their appearance or adopts rigid or extreme routines, try to understand what may be behind the change.

LISTEN FOR THE LINGO

Like many internet communities, looksmaxxing groups and influencers use distinctive language. As well as "mewing", mentioned above, you might hear terms such as "Chad" (an attractive male), "foid" (a misogynistic term for a woman), and "mogging" (looking more attractive than someone else). Other examples involve adding "maxxing" to another word, such as "jestermaxxing" (using humour to attract women) and "starvemaxxing" (extreme dieting).

CHECK THE SOCIAL MEDIA

Social media algorithms are tailored to each user, meaning what appears on your feeds may be dramatically different from what children see on theirs. Try to get an idea of the content children and young people are consuming online, and use available parental controls where appropriate. TikTok, for example, provides tools that can help families manage or filter certain types of content.

TALK TO YOUR CHILDREN

Open communication can help children and young people recognise misleading influencers and harmful online communities. Discuss unrealistic ideas about appearance and explain that some creators benefit from controversial or extreme content. Talk about the risks of unqualified health advice and how people's insecurities can be exploited online, while making it clear that it's okay to speak openly about any concerns.

Meet Our Expert

Alan Martin is a technology journalist who has written for publications including Wired, TechRadar, The Telegraph, The Evening Standard, The Guardian and The New Statesman.



#WakeUpWednesday

The National College

See full reference list on our website



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