

Parent Bulletin

23rd October 2026

Welcome to this week's Parent Bulletin. As we reach the end of a busy and successful half term, we would like to take a moment to celebrate the many opportunities and achievements that have taken place across our school community.

This week, our Year 11 students took part in the Elevate Conference, a day dedicated to exam preparation, study strategies, wellbeing, and building confidence ahead of their upcoming mock examinations. We were incredibly proud of the positive attitude and engagement shown throughout the event, and we hope students found it both motivating and informative.

This week has also seen students in Years 9 and 10 learn about an exciting opportunity planned for 2027; More information can be found below.

As half term begins, we encourage all students to take some time to rest, recharge, and look after their wellbeing. While the break provides an opportunity to stay on top of any ongoing commitments, it is equally important to make time for family, friends, hobbies, and the activities that help us maintain a healthy balance.

We look forward to welcoming students back to school on Monday 2nd November for the start of a new half term. Have a great week!

Team Trafalgar

Exciting Opportunity for Years 9 & 10!

We are delighted to announce that Miss Passmore has successfully secured Turing Scheme funding for Trafalgar School, creating an exciting opportunity for selected Year 9 and Year 10 students to take part in a STEM-focused educational visit to Florida, USA.

The Turing Scheme is the UK Government's international education programme, designed to give young people valuable overseas experiences that broaden horizons, build confidence and independence, and support future education and career aspirations. Through this trip, students will have the chance to engage with STEM learning in an international setting while developing important life and employability skills.

Information, including a parent letter and application form, has been sent to parent/carer email addresses today. Applications are open to Year 9 and Year 10 students only, in line with the programme's age requirements. The information includes a dedicated email address for submitting applications.



Completed application forms must be submitted by Friday 6th November. Late applications cannot be considered. All applications received by the deadline will be reviewed through a fair and transparent selection process. We are incredibly proud to be able to offer this once-in-a-lifetime opportunity and would like to thank Miss Passmore for securing the funding and making it possible for our students.

Key Dates

Monday 26th - Friday 30th October - Half Term

Monday 2nd November - Students back in school

Thursday 5th November - Presentation Evening

Thursday 19th November - Year 9 Parents' Evening (virtual)

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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Year 11 Elevate Conference: Preparing for Success

On Tuesday, our Year 11 students took part in our Elevate Conference, a dedicated day of preparation and support ahead of their mock examinations and the challenges of the year ahead.

Throughout the conference, students participated in a range of sessions focused on effective revision techniques, exam preparation strategies, study habits, wellbeing, and managing pressure during the examination period. The day provided students with practical tools and approaches to help them feel confident, organised, and ready to achieve their best.

We were delighted by the positive attitude, engagement, and maturity shown by our Year 11 students throughout the day. Their willingness to take part, reflect on their learning, and embrace new strategies demonstrated a strong commitment to their success.

We hope students found the conference both informative and motivating, and we look forward to seeing them apply these skills as they continue their preparations for the November mock examinations.



Blue Skies takes off for 2026/27

Blue Skies Year 10 – BAE Systems Employability Visit

Year 10 students took part in an engaging employability session at BAE Systems, designed to develop their confidence and understanding of the skills needed in professional environments. Students had the opportunity to practice interview skills, explore the dos and don'ts of professional settings, and consider the importance of first impressions and appropriate etiquette when applying to businesses and future opportunities.



Blue Skies Year 8 – University of Portsmouth Visit

Our Year 8 Blue Skies group enjoyed an exciting visit to the Faculty of Technology at Portsmouth University. During the trip, students toured the facilities and worked collaboratively in teams within the Space Engineering Lab, where they designed and tested paper rockets. They also had the opportunity to showcase their creativity by designing their own mission patches and explored the state-of-the-art Robotics Laboratory. Students were fascinated by the wide range of robots on display and the ways they are used in both cutting-edge research and real-world applications.



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Reading Plus Winner of the Week!

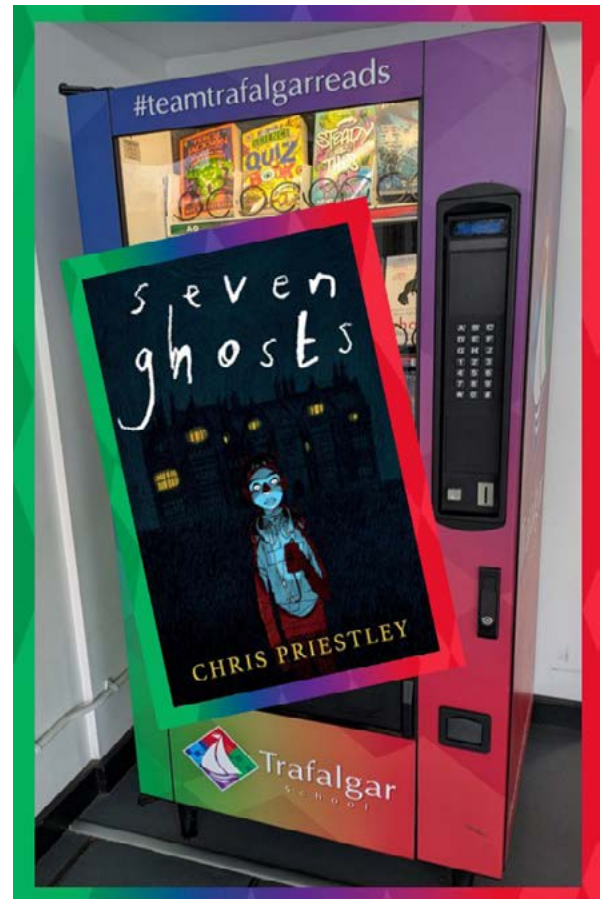
Congratulations to Poppy in Year 9, our Reading Plus winner of the week!

Poppy enjoys reading murder mysteries and chose 'Seven Ghosts' by Chris Priestley as her latest read. Packed with mystery, suspense, and plenty of spooky moments, it's the perfect choice for this time of year. Happy reading, Poppy!

Also, 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 (5R)	
1. 8G2/En - 26/27	17.7
2. 7G3/En - 26/27	16.4
3. 8R2/En - 26/27	15.9
4. 8R4/En - 26/27	14.9



BAE Systems Apprentice Open Evenings

Students and families are invited to explore exciting future career opportunities at BAE Systems through their upcoming Apprentice Open Evenings at HM Naval Base Portsmouth. These events are open to students aged 14 and over and provide an excellent opportunity to learn about apprenticeship pathways in engineering, digital technology, radar systems, manufacturing, business, and planning.

Visitors will have the chance to meet current apprentices, engineers, digital specialists, and business professionals, gaining first-hand insight into what it is like to work for BAE Systems. Students can discover how apprenticeships combine practical experience with professional development while contributing to technologies and services that support the UK's defence sector. Opportunities are available from age 16+, making this a valuable event for young people beginning to consider their post-16 options.

Places are limited and advance booking is essential. As the event takes place on a working defence site, all visitors will be subject to security clearance and will need valid photo identification. Under-18s must be accompanied by an adult. Families interested in attending are encouraged to book early to avoid disappointment.

BAE Open Evening Dates

[Tuesday 3 November 2026, 6:00pm to 8:00pm](#)

[Wednesday 4 November 2026, 6:00pm to 8:00pm](#)

Registration closes at 6:00pm on Wednesday 14 October 2026, or earlier if all places are filled.



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ALAN BALL ACADEMY



27TH OCTOBER

10.45AM TO 12.15PM



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10 Top Tips for Parents and Educators SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

Meet Our Expert

Adam Gilllett 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 provisions.



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