

Parent Bulletin



17th January 2025

Welcome to this week's Parent Bulletin!

Today, historian Dan Snow visited our school and spoke to Year 10 and 11 History students about Elizabethan England. We hope they found his talk engaging and inspiring.

Please note that school will be closed on Monday 20th January, for our Trust Annual Conference. Students will return as normal on Tuesday 21st January.

Next Friday 23rd January, all year groups will take part in '1000 Miles for Kaitlyn' during periods 5 and 6. Students can walk, skip, or run their mile and are encouraged to donate £1 either in person or via our GoFundMe page. Trainers may be worn for the activity, but students should otherwise remain in normal uniform. Let's come together to support this worthy cause!

We have also shared a document with advice and tips on keeping young people safe on social media. It includes practical guidance on privacy settings, online behaviour, and spotting potential risks. Please review it and discuss it with your child.

Stay safe and take care,

Team Trafalgar

Dan Snow returns to Trafalgar!

Today, Trafalgar School was delighted to welcome back renowned historian Dan Snow for an inspiring and educational lecture.

Year 10 and Year 11 history students from across the Trust gathered in the main hall this morning to hear Mr. Snow discuss a range of fascinating topics. He spoke about Elizabethan England, German history, and his recent work helping to locate Shackleton's ship, the Endurance, in the Antarctic.

The lecture provided a unique opportunity for students to explore historical themes and learn directly from one of the most respected figures in the field. Students also had the chance to ask questions, making it an enriching experience for everyone involved.

We extend our thanks to Dan Snow for visiting and sharing his expertise with our school community.



Key Dates

Spring 2025

Monday 20th January - Trust Annual Conference - School closed to all students

Thursday 23rd January - SEN Review & Live Well Event

Tuesday 28th January - Dance Live!

Wednesday 5th February - PD Day 2

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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Students Explore Careers at Get Inspired Portsmouth

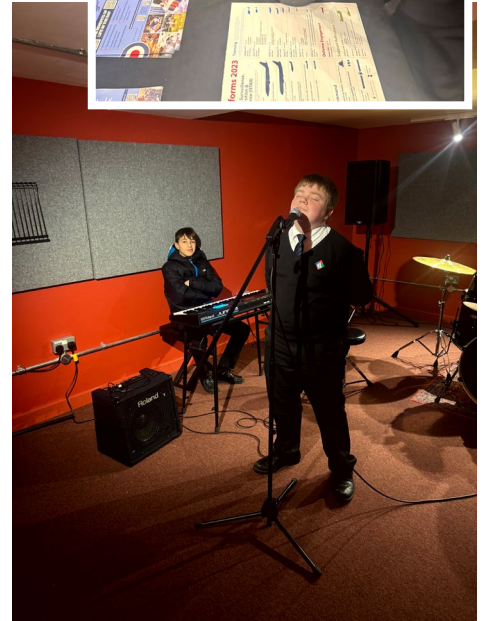
This week, Trafalgar School students had the exciting opportunity to attend this year's Get Inspired Portsmouth event at the Portsmouth Guildhall.

The event, aimed at students aged 11–16, provided an engaging and interactive showcase of Portsmouth's businesses and enterprises. It was designed to highlight the wide range of career opportunities available locally, giving students valuable insights into the diverse professional, technical, and craft roles in the area.

During the event, students engaged directly with inspiring employers to discover a variety of career pathways. They learned about further education and training options in Portsmouth whilst exploring apprenticeship opportunities, including intermediate, advanced, higher, and degree-level programmes.



The experience was both informative and inspiring, helping our students to broaden their horizons and consider future educational and career options. We are proud to support events like this that encourage our students to dream big and plan for their futures.



Campaign to make Oakwood Road One-Way

Following many years of disruption and frustration, 98% of the residents of Oakwood Road have recently voted in favour of the road becoming one-way.

We all believe this will:

- Reduce congestion in Oakwood Road and surrounding roads
- Be safer for your children when walking to and from school
- Promote a calmer start to the day for both parents, children and residents
- Reduce the number of damages to parked and moving cars
- Reduce carbon emissions

The petition was supported by local councillor Russell Simpson, who presented it directly to the relevant council department. We are now looking for support from those who are impacted by the issues in the road to support the campaign.

Following a recent meeting with the Executive Headteacher, Claire Copeland she has given her support, so we are asking for parents and guardians to [click the link and complete the form](#) (no more than 5 minutes of your time required) and support this proposal.

With many thanks

The residents of Oakwood Road



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Elevate Education's Spring Term

Parent Webinar Series

Elevate Education delivers high-impact workshops to our students that help to develop their study skills, motivation, and exam preparation. Over the next term, you're invited to join their parent webinar series, where you can help support your child at home by reinforcing the skills they're learning at school.

How to Help Your Child Improve Their Note Taking

21st January 6:00pm

How You Can Make Technology an Ally (& Not the Enemy!)

4th February 6:00pm

How You Can Help Your Child Prepare for Exams

11th March 6:00pm

How You Can Support Your Child During Exams

25th March 6:00pm

Register today at: <https://go.elevateeducation.com/ukschoolwebinar>



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10 Top Tips for Parents and Educators

SAFETY ON SOCIAL MEDIA

Currently, children are growing up in an immediate and throwaway culture when it comes to content that's consumed online. So much material is now deliberately created to be shorter in nature – and may often contain hidden elements such as advertising, or extreme political and cultural views. With complex algorithms built to keep people on their phones and engaging with social media content, it's becoming increasingly difficult to reduce time spent on these platforms.

1 REDUCE DOOMSCROLLING

It's concerning how common for young people to spend hours 'doomscrolling': trawling through social media and aimlessly viewing every post they see, many of which might make them feel sad or anxious. Social media can be useful for keeping in touch with friends and family, as well as staying up to date on current events. However, it's important to use it with a clear purpose, instead of endlessly scrolling through content, which could lead to young people accidentally discovering harmful material.

2 TALK ABOUT THE CONTENT

It's important to keep apprised of the kind of content that a young person is being exposed to. Discussing what they're watching online can help you understand why they're using social media in the first place. Furthermore, ensure that children are aware of hidden content, such as advertising of a product – and that they know how to spot that the creator is being paid to talk about it.

3 FIND POSITIVE ASPECTS

Despite all the concerns, there's plenty of wholesome content on social media. It's worth spending time with children to help them find something suitable and enjoyable. Perhaps you'll even discover a joint interest, and you can enjoy the content alongside the child. As part of this, you should also point out why certain things shouldn't be given attention, explaining why it isn't suitable and why it's been created in the first place.

4 REDUCE SCREENTIME

Young people can sometimes be unaware of the exact amount of time they spend looking at social media. Smart phones don't just have the capacity to monitor screentime; they also record how much time is spent on each app. Consider setting targets to reduce this and support children to meet these goals, gradually reducing the amount of time spent on different apps.

5 FILL THE VOID

Monitoring and reducing screentime can create a lot of free time to fill, and young people can even face withdrawal symptoms when made to step away from their phones. To mitigate this, consider what offline activities you could introduce the child to, and what they would enjoy. This can ensure that young users will permanently cut down on their screentime, rather than temporarily doing so while they know it's being monitored.

6 REDUCE NOTIFICATIONS

One way in which social media platforms keep people coming back is through notifications. The algorithms behind these apps track people's daily habits, including the times of the day where they're most likely to engage with the platform. This data is then used to deliver specifically timed notifications to draw them back in. To avoid young users being exposed to this tactic, simply turn off notifications for the app in their phone's settings.

7 LIVE IN THE REAL WORLD

Overexposure to social media can distort someone's perception of the real world – from body norms to social conventions. This filtered environment can make it hard for young people to distinguish reality from online content, which is now becoming even more difficult with the rise of AI. To mitigate this concern, take time to teach young people how to discern truth from fiction, both on and off social media.

8 DIGITAL DETOX

Encouraging young people to take a 'digital detox', from even just a couple of the apps that they use, can result in an overall reduction of screentime and less exposure to potentially harmful content. Alternatively, rather than avoiding the app entirely, encourage children to take a 'digital detox' from content creators and influencers, and instead, keep in touch with friends and family – which is generally a far healthier use of these platforms.

9 MODEL GOOD BEHAVIOUR

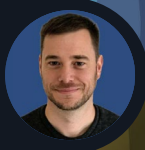
Consider the habits that you're demonstrating to your children. How much time do you spend on your phone? How much do you 'doomscroll'? Comparing your own usage with the child's could put things into perspective for them – or if it turns out that you're also overusing social media, it can turn screentime reduction into a joint mission, which you and the child can work on together.

10 BE CLEAR ON THE "WHY"

Research shows that young people can become addicted to social media. There are many schools that are moving towards being 'phone free' due to the negative impacts of using social media and phones continuously. It's important to explain to young people why managing screentime is important. Set out the benefits and ensure they have all the relevant information, so it's not just seen as a punishment.

Meet Our Expert

John Insley is a senior leader in a Birmingham secondary school and has vast experience in leading schools over the past 15 years – including the development of computing curriculums across primary and secondary schools, writing e-safety policies and supporting schools with computing and e-safety advice.



#WakeUpWednesday®

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Source: See full reference list on guide page at <https://nationalcollege.com/guides/top-tips-for-safety-on-social-media>

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LIVE WELL

Trafalgar



HEALTH AND MONEY ADVICE

Drop in for school parents/carers and staff
in partnership with Portsmouth City council

Thursday 23 January, 3.30pm-5.30pm

Trafalgar School, London Road,
Hilsea, PO2 9RJ

#community
#teamtrafalgar



Portsmouth
CITY COUNCIL



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