

Parent Bulletin



17th November 2023

Welcome to the latest edition of our Parent Bulletin.

Firstly, a massive well done to all our Year 11 students for their focus and hard work these past two weeks during their Mock Exams.

Our students and staff were proud to represent Trafalgar at the Remembrance Day service in Guildhall Square last weekend. Thank you to Miss Arnold for arranging, and to Freya and Lisa for representing our community so respectfully.



We are rapidly approaching our Year 9 Parents Evening on the 23rd November. This event is being held virtually and information has been sent out via Class Charts as to how you can book meeting times with your child's teachers. Make sure to book as early as you can to ensure you secure all the appointments you require.

Stay safe and take care,

Team Trafalgar

Hot Chocolate with the Head

Junior Genius is a 3-year career development scholarship supporting students from Year 9 and finishing in Year 11, provided by UK registered charity Generating Genius. This scholarship is to support students to achieve their full career potential which, as the research shows, needs to start from an early age. Once the scholarship is completed, students become part of the Generating Genius alumni and continue to access further support.

6 of our students applied, 4 were interviewed and out of a total of 80 national places, Connie and Kaitlyn were awarded this prestigious scholarship. We are beyond proud as a school!



Key Dates

Thursday 23rd November - Year 9 Parents Evening

Wednesday 29th November - PD Day 2

Friday 1st December - INSET Day (school closed)

Monday 4th December - INSET Day (school closed)

2023

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. You can find details of what they need [here](#).



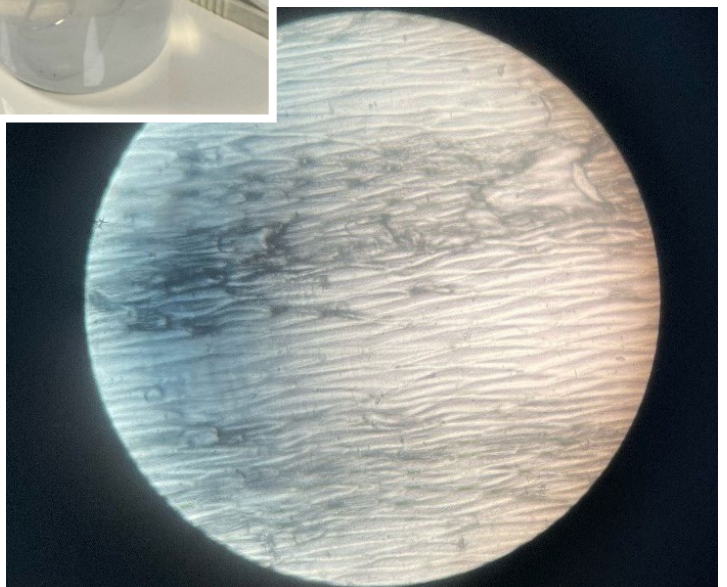
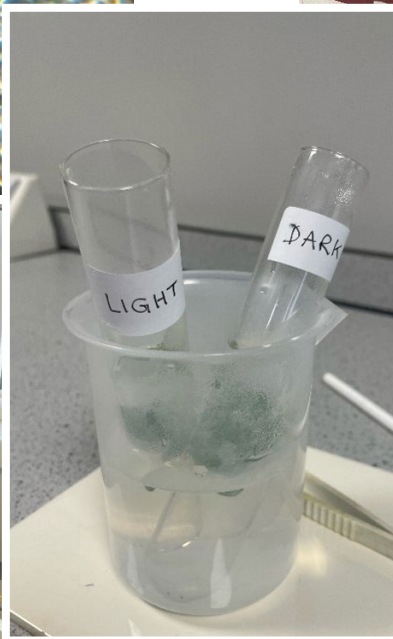
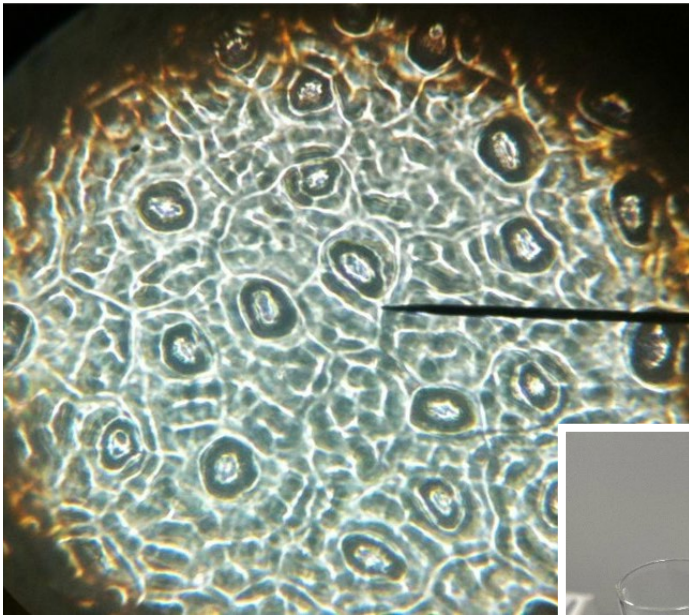
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Science Department Update

As the Year 11s finish their mocks, team science would like to say how incredibly proud we are of the effort students have put in across the board. The mocks they have just completed were based on paper 1 knowledge. Students are now starting their new paper 2 content in preparation for the next set of mocks and the real exams.

Here you can see our Year 11s looking at plant cells, the leaf structure and the stoma, whilst also testing a leaf for starch as part of the B6 Plants and Photosynthesis topic.



PE Department Update

Sports Leaders

We have relaunched our Sports Leaders Programme for this academic year 23-24. This is an amazing opportunity for our students to take on extra roles and responsibilities in PE, throughout the school and in the local community and develop their leadership skills further.

	Sovereign	Victory	Britannia	Temeraire
Sports Leaders	Alba Tyler Bonnie Gracie Wyatt	Emily Mofiyinfoluwa Ed Liberty Roxy Fraya	Grace Franklin Myah Isla Alisha	Lula
Vice-Captain		Eva	Jess, Petal	Isabelle
Captain	Imogen	Layla	Connie	Isaiyarasy

Students had to complete an application form and take part in an interview process which made the selection of successful students very difficult.

Those students who have been selected have regular training with a focus on communication, leadership and self-belief to give them the skills and confidence to apply to real life scenarios. Congratulations to you all!

Some of the Sports Leaders had their first event on the 15th November where they helped lead a variety of events at Mary Rose Academy's Sports and Movement Festival.

Miss Potter



Girls football



Our KS4 female football team attended a tournament hosted at Springfield competing against other schools around the area. The girls played really well, showing grit, determination and resilience. We look forward to seeing them progress at other opportunities throughout the year.

KS3 please keep your eyes and ears alert for up-and-coming fixtures to be played in the next two terms. If you are interested and would like to come and try out football, please come along on Monday after school

from 3-4pm. Attendance for Girl football has been absolutely amazing so far this year and we would love to see even more girls with an interest of passion for football to attend, and maybe even represent Trafalgar at extracurricular opportunities. Any questions please come speak to Miss Potter

Miss Potter

Boys Football

- Year 7 – Year 7's attendance at football has been incredible week in and week out! Fixtures will start to be coming in soon so please ensure you attend clubs regularly for your chance to play against other schools. I will keep you informed when this is and allow time for you to get your boots ready for the game. *Mr Lloyd*
- Year 8 – Year 8's have progressed through to the next round of the Hampshire cup with the next fixture against



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Purbrook! They have great potential to go far in this competition. Apart from cup games, there will be league games coming up soon as well, which will require a rotation with players who have been attending football club after school. *Mr Lloyd*

- Year 9 - Year 9 have really stepped up this year, playing some excellent football with confidence, and are proving to be a challenging team to face. They recently came from 4-0 down to narrowly losing 5-4 against a strong Mayfield side in what was a tense but exciting match. The boys have been really pleased with their performances and are enjoying their football at the moment. Well done lads!! *Mr Stokes*
- Year 10 - Year 10 lost their Hampshire Cup game to Selesian College. It was a good learning curve for the team in which they showed a huge amount of resilience. Next up for Year 10 will be their Portsmouth Cup game against TPA. *Mr Furnell*
- Year 11 - Year 11 have won both of their games so far this season. In their Hampshire Cup game, they beat Springfield in a convincing 4-1 win, in which they are set to play Preistlands in the next round. The boys are also through to the semi-final of the Portsmouth Cup after beating Milton Cross in the quarter finals. *Mr Furnell*



Year 7 Netball

Well done to our Year 7 netball team who played brilliantly in their netball match against TPA. They had a great time and also learned a lot more about the tactics and techniques in netball. We have our Year 7 & 8 netball league starting next week, as well as our Year 9 & 10 coming up on 5th December. Miss Nerssessionian

Child Development

Our Year 10 child development students have been exploring the use of methods and stages of play in preparation for their nursery visit to observe 3–4-year-old children and how they are meeting their milestones.

They have had a lot of fun revisiting the games they loved playing as children. We can't wait to hear about their experiences in the nursery!

Job opportunities at Trafalgar School

We are currently recruiting for the following roles to join our fantastic team here at Trafalgar:

- Subject Leader: Music
- Teacher of Humanities
- Subject Leader: Geography
- Teacher of Art, Design & Technology

If you, or someone you know, would be great for any of these roles then visit our website to find out more and apply!



Community Circles

This week in our Monday community circles, in honour of anti-bullying month, the question discussed was '**Should we prioritise tackling some types of bullying over others?**'



These sorts of sensitive topics are ideal to be discussed in the safe space of a circle within our vertical tutor families. Some students were still not totally clear on what constitutes as bullying, which was where tutors and fellow tutees could jump in with clarification. Most students agreed any type of bullying can lead to poor mental health, whether it be verbal or physical. Exclusion from a group was also cited as a particular type of bullying; again totally unacceptable. Here at Trafalgar, we actively encourage students to seek support early on in the life of any issues. In this way, we can prevent escalation and ensure that restorative conversations can take place sooner. How would you have answered? How do you think your child/children responded?

#getinvolved #antibullyingmonth #teamtrafalgar



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What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING

Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health ... so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

4. MAKE YOURSELF AVAILABLE

If an online bullying incident *does* occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

5. BE PREPARED TO LISTEN

When conversations about online bullying *do* take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

Childline: talk to a trained counsellor on 0800 1111 or online at www.childline.org.uk/get-support/

National Bullying Helpline: counsellors are available on 0845 225 5787 or by visiting www.nationalbullyinghelpline.co.uk/cyberbullying.html

The NSPCC: the children's charity has a guide to the signs of bullying at www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/ and can be reached on 0800 800 5000

6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent 'fighting their battles for them'. In that case, talk through their options with them (blocking the perpetrator or deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyber-bullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.



Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.

