

Parent Bulletin

15th March 2024

Welcome to our latest parent bulletin!

We are only a few weeks away from the end of term, and there is still plenty to look forward to here at Trafalgar School.

This week, we had a lot of fun with British Science Week. We extend our heartfelt appreciation to our science department for organizing this entertaining week, and to all the students who took part in the quiz, offered facts, and tried to discover the famous scientists that staff dressed up as on Wednesday. We are now eagerly looking forward to the Science Fair on 22nd March and can't wait to see you there!

We would also like to congratulate our Year 11 students who have completed their final set of mock exams ahead of their GCSE exams beginning in a couple of months. They conducted themselves brilliantly and have given themselves a strong platform to push on from come May/June.

Thank you to everyone who attended our RAP meetings today. There was a great turnout and atmosphere across the day, with lots of productive conversations between home and school, helping ensure students' progress together.

Stay safe and take care,

Team Trafalgar

Hot Chocolate with the Head

Congratulations to Alfie, Harry and Leighton who enjoyed hot chocolate with the Head of School.

They have been recognised for excellence in science this week and are exemplary members of our school community!

Well done boys, keep it going!

#HCWTH #Aspiration



Key Dates

Monday 18th March - INSET Day

Wednesday 20th March - PD Day 4

Thursday 21st March - Year 10 Parents Evening

Tuesday 26th March - Year 7 Easter Concert

Thursday 28th March - Celebration Assembly

2024

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](#).



@TrafalgarSch

trafalgarschool.org.uk

British Science Week 2024



This week was British Science Week! Here at Trafalgar there were lots of exciting activities for students to take part in. Year 10 had an army careers visit centered around STEM and career opportunities available to students post-16.

On Wednesday our Science department dressed up as various famous scientists, with students tasked with finding out who each of them was, as well as learning their interesting "fact".

Students shared facts of their own across the week, with Phoebe S sharing two, including: *The paper bag technique won't help an asthma attack but can control hyperventilation, which is rapid or deep breathing, usually caused by anxiety or panic!*



Trafalgar Science Fair - 22nd March

On 22nd March, Trafalgar School will be hosting its first ever Science Fair! Here, Year 7 and Year 8 students will be able to show off their amazing periodic tables, atom models, CREST projects, physics turbines and batteries!

This will reflect some of the incredible work that our KS3 students have done so far this year in lessons highlighting some fantastic design ideas, as well as great artistic flair!

As part of this, the Science fair will be judged by Professor J. Collett (Head of Cosmology and Astrophysics UoP) and Stephen Morgan M.P. who will also meet various students during their visit.

Parents are invited to view our Science Fair from 4pm until 5pm on this day.

The science department and our science ambassadors look forward to welcoming you all to showcase this fantastic work!

Trafalgar School

SCIENCE FAIR

CREST AWARDS

Year 7 & 8 March 22nd

ATOM models! Periodic Tables!

MORE INFO: rhill@trafalgarconnected.com



@TrafalgarSch

trafalgarschool.org.uk

Exam Stress

5 Tips To Thrive This Exam Season

Do you recall the stress of exam season when you were at school? Hours of studying, sleepless nights and then the big day arrives; you find your place in the exam hall, turn over the page and try desperately not to crumble under the pressure.

For young people today, exam stress is no different – although it could be speculated that, if anything, it's worse. The pressures of social media, the impact on mental health from the pandemic and lockdowns and the interruptions to their education from the same, may all have their part to play in why increasing numbers of children and young people are turning to organisations like Childline for help with exam anxiety.

Good vs Bad Stress?

Some people will experience good stress that motivates them to revise and work hard, allowing them to perform at a higher standard. This sort of stress can be well within some young people's coping abilities. Bad stress refers to when someone experiences feelings of anxiety, mental suffering, affliction or it has negative implications.

How Can You Help?

1. Talking and Listening.

One of the first factors to consider is choosing your timing - don't pick a time in which they might feel rushed or distracted.

It may feel logical to ask a young person to come sit on the sofa or at the dining room table, but this could create an atmosphere of intensity – or, even worse, like they're in trouble! Instead, try open a conversation when you're in a more casual setting and with perhaps less intense eye contact! For example, when on a walk, out for dinner or in the car.

Ask open questions, i.e., questions that don't have a 'yes' or 'no' answer. Open questions allow space for the person answering to talk, rather than just give a short response that could 'kill' the conversation.

If you can, acknowledge that this might be a difficult time and that you know exams can cause stress and emotional upset.

For Example

I'm sure going through this period of your life with exams and studying must be very stressful – how are you feeling?

I remember being very stressed when I was doing exams and I could have used some extra support – what would you like me to do to support you through this time?

2. Know the Signs and What to Do.

Don't be afraid to seek support for children in your care if they display a number of the following signs that may be indicative of exam stress:

- Inability to sleep, eat and/or socialise.
- Uncontrollable feelings of anxiety, anger, stress and/or worry.
- Panic attacks, self-harm behaviours, and emotional outbursts.

If you are concerned about them, knowing where to turn to next is important – talk to the young person/people you support about organisations that can help, such as Childline.

3. Be Understanding.

Be flexible when it comes to your expectations; chores may have to take a backfoot for a while. If the young person in your care is struggling to cope, they may not have enough emotional 'room' to deal with other issues or situations – they aren't being selfish, their emotional capacity is simply 'full'.

It is important to remind young people to keep exams in perspective – they are short term and will eventually end, meaning the feelings of pressure and stress they have will end too.

4. Use Tech for Good.

Phones, laptops and gaming consoles are a big part of young people's daily lives – but in times of stress, they can become a force for good or for bad.

Look together at apps and websites that could potentially help to minimise their anxiety about exams, such as yoga and mindfulness apps. Understand that their screens may be the escape they require, despite it appearing outwardly unproductive. Connecting through social media, watching Netflix or playing a game may be the 'off-time' they need to keep them balanced and avoiding burn out.

5. Support Healthy Routines.

Alongside healthy screen time routines, it's important to make sure other aspects of a healthy lifestyle are being maintained, such as sleep hygiene, healthy eating habits and exercise.

Ensure your young people are aware of their own boundaries and when they need a break - there are apps available for this purpose. It can assist in ensuring they are revising in manageable amounts; not too much and not too little!

It's thought that when we sleep, our brains process information to create memories, a vital function when learning and retaining information. Physical activities like exercising, going for a walk or playing with your dog can be the break from school and screens that a young person needs. Exercise has many benefits to our physical and mental health.

PORTSMOUTH INSPIRES

Unloc
DEVELOPING YOUNG POTENTIAL

Are you wanting to explore new career opportunities in Portsmouth?

If you are in Year 11 or 12, then join the Portsmouth Inspires Programme! Exclusively for young people in Portsmouth, this is your chance to explore new career opportunities in a exciting 3-day 'behind the scenes' experience with businesses/organisations unique to Portsmouth.

What does it involve?

Day 1. High energy team building, public speaking and debating masterclass & 'behind the scenes' visit from Victorious Festival.

Day 2. 'Behind the scenes' visit to independent food business 'Southsea Deli' and make pasta as a team, followed by a 'building your own brand' workshop.

Day 3. 'Behind the scenes' visit to leading organisation in Portsmouth, leading in your community masterclass & free celebration evening meal in Gunwharf Quays.



What are the dates?

Easter Holidays in April - **10th, 11th and 12th**

You can join the programme on your own or with friends!



How to apply?

Scan the QR
or

Head to [Unloc.online/portsmouth-inspires-funded-by-ncs](https://unloc.online/portsmouth-inspires-funded-by-ncs)

Any questions, contact Jess: Jess@unloc.org.uk or 07909 918278



FUNDED
BY
NCSE

Job opportunities at Trafalgar School

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

- Learning Support Assistant
- Exams Invigilator
- Science Technician (Temporary)

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



@TrafalgarSch

trafalgarschool.org.uk