

Parent Bulletin

3rd May 2024

Welcome to this week's parent bulletin.

We are delighted to share that our Year 11 students have completed their Aim Higher Conference, and are feeling confident and well-prepared for their GCSE exams, which begin next week. Please check your Class Charts account for important information about the exams and our booster timetables, which students will be following from next week.

In this edition of our bulletin, you will find photos from our Year 10 visit to Oxford University, which was a fantastic learning experience for our students. Additionally, we have included some advice on social media usage and how to look after your mental health. As May is Mental Health Awareness Month, we have changed the colour of our parent bulletin to green to show our support. Our students will also be discussing ways to look after and support their mental health during tutor and assembly sessions and you can find more information about the 2024 theme in this bulletin.

Take care and stay safe.

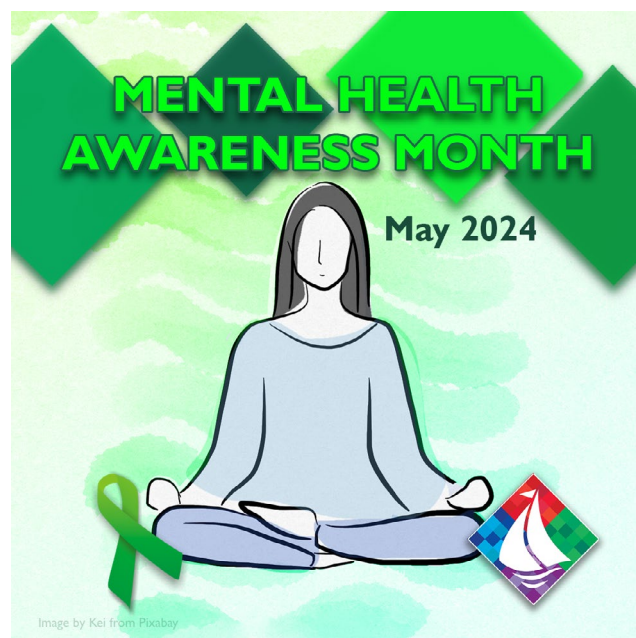
Team Trafalgar

Mental Health Awareness Month

May is an important month because it's Mental Health Awareness Month. The theme for 2024 is Movement: Moving more for our mental health.

Movement is important for our mental health, but many of us struggle to move enough. There are many different reasons for this, so this Mental Health Awareness Month, the Mental Health Foundation want to help people find moments for movement in their daily routines. Consider going for a walk in your neighbourhood, putting on your favourite music and dancing around the living room, chair exercises when you're watching television – it all counts!

Find out more here: <https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week/boost-your-mental-health-moving-more>



Key Dates

- Monday 6th May** - Bank Holiday - School closed
- Wednesday 8th May** - GCSE Exam season begins
- Monday 13th - Friday 24th May** - Year 10 Work Experience
- Monday 27th - Friday 31st May** - Half Term
- Thursday 13th June** - Year 7 Parents' Evening

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](#).



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Oxford University Trip 2024

A group of Year 10 students had the opportunity to visit Oxford University this week to learn about potential post-16 options and careers. They were given an insight into the benefits of attending university and the various pathways available to study at Oxford University.

The students had great weather as they went on a tour of Oxford and visited the Pitt Rivers Museum.

They were accompanied by members of Mayfield School and Admiral Lord Nelson School, and their behavior was exemplary. We are incredibly proud of how they conducted themselves and represented our Trust.



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Keeping young people safe on the railways

Network Rail, in partnership with Learn Live are working to help raise awareness by educating students about the dangers of the train tracks through interactive digital delivery.

They want to get three simple messages across:

1. Being on the railway tracks is extremely dangerous.
2. Trains can run at any time of the day or night, even when not shown in the timetable, or on station information displays, or online.
3. On the Wessex and South Western Railway network ,trains are powered by a 'third rail' which carries 750v of electricity. This is always live, even when there are no trains running.



They have asked us to share the following link with parents. The session is less than 15 minutes and explains the importance of safety near the tracks.



Please click on the link below to view the safety video:

<https://learnliveuk.com/wessex-network-rail-safety-presentation-secondary/>

Over 19 million students, parents and teachers from across the UK have already watched these videos which has led to a significant decrease in the number of incidents.

15 minutes can help save lives and provide important safety information to young people!

They have made things easier for you to watch the free safety videos by just entering the email railsafety@learnliveuk.com into the "I am registered field" when you first watch the videos.

Job opportunities at Trafalgar School

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

- Learning Support Assistant
- Teacher of Art and Design Technology & AHOH
- Head of Computing and Business Studies
- Teacher of Maths & AHOH
- Assistant Head of House
- Trust - Director of Maths
- Cleaner

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!



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What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enraptures young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK... and knowing what to do about content that upsets them.

1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

Meet Our Expert

Shazia Sarwar-Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



Sources: <https://www.bbc.com/news/technology-63202605>
<https://sproutsocial.com/insights/social-media-algorithms/>

6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.



www.nationalonlinesafety.com



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National Online Safety®
#WakeUpWednesday



City of
Portsmouth
College

Join us for our

OPEN EVENT

Wed 15 May
4.30-7.30pm

Full-time vocational courses

Adult learning

Apprenticeships

Hobby & leisure courses

T Levels

Access to Higher Education

Find the right campus for your subject on our website



Highbury Campus
Tudor Crescent, Cosham, Portsmouth PO6 2SA



North Harbour Campus
Southampton Road, Portsmouth PO6 4BQ

EVENT INFO
Scan to register



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