

# Parent Bulletin

10<sup>th</sup> May 2024

Welcome to our latest parent bulletin.

We are pleased to announce that our Year 11 students have started their GCSE exams and are currently following their booster timetable to support their exams until the end of term. This is a crucial moment for them and we are confident that they will do themselves proud. In this edition of our bulletin, you will find a document that contains advice on how you can help your children thrive during this exam season and how you can assist them in mastering their exam stress.

We also have an update from our MFL department on what our students have been doing this term, as well as an exciting announcement about our uniform for the summer months. Last year, we surveyed parents and students about the inclusion of tailored shorts in our summer uniform and we are thrilled to announce that they have been sourced and are now available for purchase from Skoolkit! You can find the link to order them in this parent bulletin.

Take care and stay safe.

**Team Trafalgar**

## GCSE Exams 2024

It's the moment students have been waiting for - their GCSE exams are finally here!

They've been working hard and preparing for this moment, and we just want to remind them that we're all here to support them.

We must all remind them to believe in themselves, stay calm, and remember that they've got this!

There is more advice inside on how to help your child thrive this exam season.

#teamtrafalgar



## Key Dates

**Monday 13<sup>th</sup> - Friday 24<sup>th</sup> May** - Year 10 Work Experience

**Monday 27<sup>th</sup> - Friday 31<sup>st</sup> May** - Half Term

**Thursday 13<sup>th</sup> June** - Year 7 Parents' Evening

**Friday 21<sup>st</sup> June** - Year 11 Leavers Assembly & BBQ

**Friday 21<sup>st</sup> June** - Years 7-10 finish at 2:00pm

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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# MFL Department Update

We are delighted to share the latest updates from our Modern Foreign Languages (MFL) department!

Our students have been embracing language learning with great enthusiasm, and we are proud to recognize our home learning heroes who have shown exceptional dedication. A huge congratulations to Zoey Lyons who has been appointed for Linguist of the Month in Spanish!



## OUR HOME LEARNING HEROES:



Our Year 9 Spanish and French students have received their letters from their Pen Pal Exchanges, a unique initiative designed to enrich their language learning experience! Pupils have written to their pen pals about their hobbies and recently received a response from where they explained

what life is like in either their Spanish/French speaking country including wildlife, food, sports and cultural activities.

We're excited to share that our Year 8 Spanish students have just finished completing their food-related topics in Spanish! Using Canva, they've created stunning menus that combine language skills with design elements. They were able to explore the vocabulary of food, meal traditions in Spain as well as culinary culture!



## FRENCH

This term Year 8 French are studying crêpes. Pupils will be putting their French into practice by completing a cooking lesson in French and making their own crêpes to eat. Miam miam! We have also been fortunate to work with a small local business making macarons. Les Macarons de Pauline came to school to do a reward session with KS3 pupils.

The lunchtime French café run by our fantastic Year 10 volunteers continues to remain popular with croissants and pain au chocolat available to buy every day!





As we look to extend our language provision, we are excited to be running Trafalgar's first German GCSE group in the next academic year.

Finally, we would like to congratulate our GCSE French and Spanish pupils on completing their speaking exams and wish them luck for their remaining reading, listening and writing exams. Booster and intervention sessions will continue to run right up until their exam date.



## Uniform Update - Trafalgar shorts incoming!

Last year we conducted a survey with parents and students as to whether they wanted tailored shorts as part of our summer uniform option going forward.

The outcome of the survey was parents and students wanted the option for shorts.

We are pleased to announce that we have managed to source them and they are now available through [Skoolkit](#).

These are also available from the Skoolkit store in Havant.

Image by Stefan Schwehofer from Pixabay



## 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 English
- Head of Computing and Business Studies
- Assistant Head of House
- 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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# 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.



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# 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 long term impact of interruptions to education from the pandemic and lockdowns, mental health struggles, 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.





City of  
Portsmouth  
College

Join us for our

# OPEN EVENT

**Wed 15 May**  
4.30-7.30pm

Full-time vocational courses

Adult learning

Apprenticeships

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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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