

Parent Bulletin

17th May 2024

Welcome to the latest edition of the Trafalgar parent bulletin!

Year 11 have completed their first full week of exams and they are doing great! We are extremely proud of their effort and commitment. If your child is in Years 7-9 (or 10 once back from work experience after half term), please remind them that they can support the Year 11 students during this time by:

- Paying attention to all signs (If the sign says 'NO ENTRY', it means no entry under any circumstances)
- Being extra quiet around the school, especially near the Main Hall and Library (some exams will carry on into break)
- Following all staff instructions quietly and immediately.

Our Year 10 students have completed their first week of work experience. Staff will be conducting visits and phone calls throughout next week to check on how students are doing at their placements. We can't wait to hear about their experiences when they return after half term!

Take care and stay safe.

Team Trafalgar

Message from Portsmouth City Council

As a parent or carer you have a hugely important role to play in your child's education.

Your support is crucial to make sure they attend school regularly and to give them the positive encouragement they need. Your child's school will be keen to help you support your child in their learning.

We strongly encourage you to ask questions and make sure you have the information you need from the school to help you do this as well as you can.

Find out more <https://www.portsmouth.gov.uk/services/schools-learning-and-childcare/schools/school-attendance/>



Key Dates

Monday 13th - Friday 24th May - Year 10 Work Experience

Monday 27th - Friday 31st May - Half Term

Thursday 13th June - Year 7 Parents' Evening

Friday 21st June - Year 11 Leavers Assembly & BBQ

Friday 21st 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](#).



@TrafalgarSch

trafalgarschool.org.uk

Can you design a logo for Portsmouth, City of Languages?



We are a city, shaped by history and our relationship with the sea, including welcoming new members to our communities, who bring new languages and new cultures. We would like to promote and celebrate this amazing superpower of learning and speaking languages and do this under the banner of **Portsmouth ~ City of Languages**.

Whether you are learning a language in school or college or university, whether you speak a different language in your home, whether you use a different language in your workplace or maybe you just love languages and learning about different cultures, we want to bring everything languages-related together.

We already have a webpage on the Portsmouth Education Partnership (PEP) website, but we now need a logo, to use when we do something Portsmouth language-wise, something that tells the world how proud we are of the languages and cultures in our city.

Can you create a drawing or a picture that we can use as our logo?

Certificates for the finalists, and prizes for the winning design.

To enter the competition, send your design digitally to:

Portsmouth, City of Languages Logo Competition

Email: debbie.anderson@portsmouthcc.gov.uk

Deadline for entries is **midday on Friday 21 June 2024**.

The winning logo or design will be announced before the end of the school term.

Find out more about Portsmouth, City of Languages:

www.portsmoutheducationpartnership.co.uk/city-of-languages

D-Day 80th Celebration - Ticket Competition

Exciting Opportunity for Trafalgar Students!

We are thrilled to announce an exciting opportunity for Trafalgar students to attend the D-Day 80th anniversary celebrations in Portsmouth!

This historic event will be a truly special experience, featuring tributes to the heroes of the Normandy landings. The televised commemoration on Southsea Common on 5th June is not to be missed!

We have a limited number of tickets to give away, and all students have the chance to win! To enter, students simply need to submit a creative piece that showcases the importance of D-Day. Whether it's a model, a painting, a poem, a speech, or a piece of music, we encourage students to let their creativity shine by capturing the significance of this pivotal moment in history.

This is a wonderful opportunity for our students to be a part of a momentous occasion. Entries can be submitted to Mrs Davies in HUM1 or via email before Monday 20th May.



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 Geography

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

Online Safety Shareable by:
INEQE
 SAFEGUARDING GROUP
 ineqe.com

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.