

# Parent Bulletin

5<sup>th</sup> September 2025

We're so excited to kick off a brand new school year at Trafalgar! A big welcome to our new families and a warm "welcome back" to those returning. It's been brilliant to see our Year 7s finding their feet so quickly, and there's already a great buzz around school - whatever the weather decides to do!

Coming up soon, we've got our Preparing for Year 11 Evening on Thursday 18<sup>th</sup> September. It's a really useful chance for parents to hear more about what's ahead this year and how we can work together to give our students the best possible support.

The school photographer will be in on Monday 8<sup>th</sup> September to take photos of our Year 7, Year 9 and Year 11 students. Make sure your uniform is looking sharp - and don't forget those big smiles!

Here's to a fantastic year full of learning, growth and plenty of memorable moments.

Stay safe and take care,

**Team Trafalgar**



## Key Dates

### Autumn 2025

- Monday 8<sup>th</sup> September** - School Photographer
- Tuesday 9<sup>th</sup> September** - Year 11 Trust event @ ALNS
- Thursday 18<sup>th</sup> September** - Preparing for Year 11 Evening
- Thursday 25<sup>th</sup> September** - Year 7 Meet the Tutor Evening

## 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. Please ensure students have a bag. You can find full details of what they need [here](#).



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# Extracurricular Clubs for 2025/26

At Trafalgar, we're excited to begin a new year of extracurricular opportunities designed to inspire, challenge, and engage students beyond the classroom. With a variety of clubs on offer, every student has the chance to explore their passions, develop new skills, and connect with friends.

In previous years, we've run a fantastic mix of clubs, from the creative spark of Art Club and the strategic challenge of Chess Club, to the team spirit of Basketball and Football. Language lovers have enjoyed Spanish Card and Board Games, KS3 German Club, and even a Duolingo Championship. History enthusiasts have taken part in Historical Murder Mysteries and joined the History Book Club and Film Club, while STEM fans have explored Robotics, Chemistry, and our collaborative STEM Club. Alongside music, drama, sports, and academic support clubs like Home Learning and Sparx Support, there's truly been something for everyone.

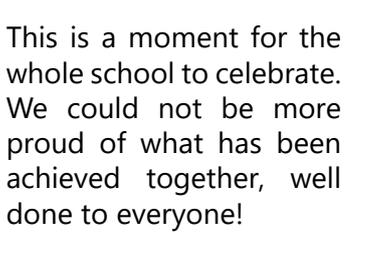
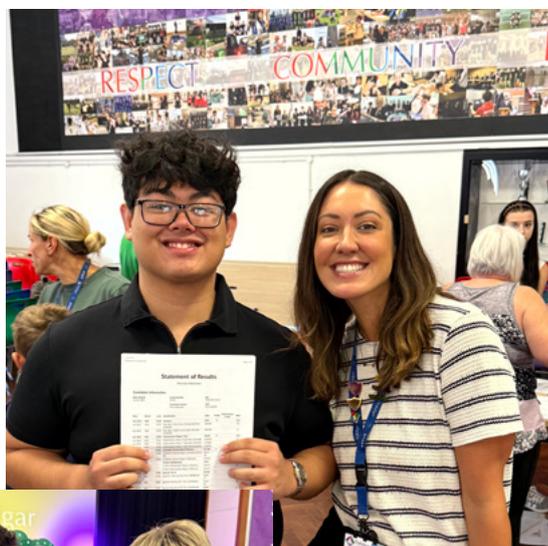
This year's full timetable of clubs will be shared soon on our social channels, website and in the parent bulletin, so stay tuned!

## GCSE Results: Our Best Results Ever!

We are proud to share that this year's GCSE results are the best in our school's history. Our students have achieved outstanding progress, setting a new benchmark for success at Trafalgar. This reflects not only academic achievement but also the resilience, determination and commitment that define our school community.

Across key subjects, results have risen to new heights, with many students surpassing their target grades and excelling beyond expectations. These accomplishments are the product of a true team effort - students working with dedication, teachers providing exceptional support, and families offering encouragement every step of the way.

This is a moment for the whole school to celebrate. We could not be more proud of what has been achieved together, well done to everyone!



# 10 Top Tips for Parents and Educators SUPPORTING CHILDREN GOING BACK TO SCHOOL

Returning to school after the summer holidays can be both exciting and daunting for children of all ages. Different routines, classes, schools, and academic pressures can cause anxiety or uncertainty. Parents play a vital role in easing this transition. This guide will help you support your child emotionally, mentally, and practically as they return to school.

## 1 RE-ESTABLISH ROUTINES



Gradually shift back to school-time routines a week or two before term starts. Regular bedtimes, wake-up times, and mealtimes can help children feel more secure and reduce the shock of change when school begins. Having a routine creates predictability and stability, helping to reduce anxiety while improving sleep and concentration.

## 2 TALK ABOUT FEELINGS



Encourage open conversations with children about their feelings. Ask them how they feel about returning to school, such as what they're looking forward to and anything they might be feeling unsure or worried about. Validating their emotions can help reduce anxiety and show them it's okay to talk about their emotional wellbeing.

## 3 SUPPORT WITH SLEEP



Children need adequate sleep for concentration, brain function, memory, and emotional regulation. Establish a wind-down routine without screens at least an hour before bed, and encourage relaxing activities like reading or listening to calming music.

## 4 LOOK OUT FOR SIGNS



Some children hide their anxiety. Watch for changes in their behaviour, such as withdrawal, stomach aches, and irritability. If worries persist, speak with their teacher or the pastoral team early to ensure your child receives support.

## 5 REFRESH SOCIAL CONNECTIONS



Help children reconnect with school friends by arranging playdates or video chats in the week before school starts. Familiar faces and social interactions help the transition and provide emotional comfort on that first day back.

## 6 CREATE A CALM MORNING



Mornings set the tone for the day. Plan ahead with a consistent morning routine that allows time for breakfast, getting dressed, and talking calmly about the day. Avoid last-minute rushing to reduce stress for everyone.

## 7 FOCUS ON POSITIVES



Talk about the fun and interesting parts of school – seeing friends, favourite subjects, or exciting activities. One simple but powerful change parents can make is swapping “How’s your day been?” for “What’s been good about your day?” This invites more of a positive, open response. Focusing on positives can help shift children’s anxious thoughts and reframe school as a safe and engaging place.

## 8 VISIT OR VISUALISE SCHOOL



If possible, encourage visits to the school grounds before the first day, especially if it's a new school. Walking the route or even looking at photos of classrooms and teachers can make the environment feel familiar. The school website is always a great go-to place for this. This is particularly helpful for younger children or those with additional needs.

## 9 PLAN AHEAD TOGETHER



Involve children in preparing for school – buying supplies, packing their bag, or choosing lunch options. This gives them a sense of control and builds excitement. Use checklists or calendars to prepare together, helping reduce last-minute stress.

## 10 STAY POSITIVE AND PRESENT



Children pick up on your outlook. Stay calm, positive, and present, especially during drop-offs. Avoid lingering goodbyes, and let them know you'll be there at pick-up. A consistent, reassuring presence builds their confidence and resilience.

### Meet Our Expert

This guide was created by Jo Morton-Brown, an Emotional Health Practitioner with nearly 15 years' experience supporting children and young people's mental health. She produces uplifting YouTube content for pupils and trains adults to better support young people's wellbeing, with a mission to help every child feel valued and understand their emotions.



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