

# Parent Bulletin

15<sup>th</sup> November 2024

Welcome to the latest edition of our parent bulletin.

This week, we marked Remembrance Day, reflecting on the importance of respect and remembrance within our community. Additionally, as part of Anti-Bullying Week, we're focusing on the theme "Respect Starts With Us!" As a school community, we pledge to always #ChooseRespect, because kindness changes lives. Let's work together to make the world free from bullying for every child. Through activities and discussions, we'll encourage everyone to continue building a culture of respect and inclusion across the school.

In local news, we're supporting a community campaign to make Oakwood Road a one-way street to improve safety for students, parents, and residents. To show your support, please fill out the form linked in this edition.

Looking ahead, our Year 11 students are in the final stretch of their mock exams, and we wish them every success. We're also excited for our upcoming Christmas Fair, which this year has a special purpose. All funds raised will go towards helping a member of our school community receive life-changing medical treatment in America. We hope to see everyone there for festive activities, treats, and a chance to make a real difference.

Stay safe and take care,

**Team Trafalgar**



## Key Dates

**Autumn 2024**

**Monday 18<sup>th</sup> - Friday 22<sup>nd</sup> November** - Year 11 Mocks (Week 2)

**Thursday 21<sup>st</sup> November** - Year 9 Parents' Evening (virtual)

**Tuesday 26<sup>th</sup> November** - PD Day 1

## 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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# Honouring Remembrance Day 2024

This past Sunday 10<sup>th</sup> November, two of our students, Stacey and Amelia, represented our school with pride and respect at the annual Remembrance Day service. The ceremony was a poignant reminder of the sacrifices made by those who served, and it was a moment for our community to come together to reflect and honour those who have given so much.

Back at school on Monday, the entire student body participated in a two-minute silence to pay their respects, creating a powerful and unified moment of remembrance across the campus. This gesture of collective reflection reinforced the importance of remembrance in our daily lives and allowed students to express their gratitude for the sacrifices made by generations before us.



Stacey and Amelia stood alongside veterans, families, and other community members, embodying one of our school's core values: respect. Their presence at the parade was a testament to their understanding of the importance of remembrance and the role it plays in our shared history. Their participation reflects our school's commitment to fostering respect, gratitude, and a sense of responsibility amongst our community; another of our core values.

We are incredibly proud of Stacey and Amelia for their dedication to upholding the values that we hold dear as a school community, and of our students' thoughtful participation in Monday's observance. Thank you all for honouring this important day with us.

## Mary Rose Trip 2024

Year 7 recently enjoyed an exciting trip to the Mary Rose Museum, where they took part in a STEM workshop using scientific methods to investigate the identities of the ship's crew.

They discovered that the Mary Rose crew was a far more diverse group than the museum had originally thought!

Thank you to Mrs Davies for arranging this insightful and educational opportunity.



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# Campaign to make Oakwood Road One-Way

Following many years of disruption and frustration, 98% of the residents of Oakwood Road have recently voted in favour of the road becoming one-way.

We all believe this will:

- Reduce congestion in Oakwood Road and surrounding roads
- Be safer for your children when walking to and from school
- Promote a calmer start to the day for both parents, children and residents
- Reduce the number of damages to parked and moving cars
- Reduce carbon emissions

The petition was supported by local councillor Russell Simpson, who presented it directly to the relevant council department. We are now looking for support from those who are impacted by the issues in the road to support the campaign.

Following a recent meeting with the Executive Headteacher, Claire Copeland she has given her support, so we are asking for parents and guardians to [click the link and complete the form](#) (no more than 5 minutes of your time required) and support this proposal.

With many thanks

**The residents of Oakwood Road**

## Year 11 Mock Exam Timetable

Below, you'll find the Year 11 mock exam timetable for the remaining week.

Well done to our students for their superb attitude and approach to these exams, keep up the great work!

### YEAR 11 MOCK EXAMS – 18th November 2024 (Timetable Week A)

All am exams start in tutor	Tutor and Lesson 1 (8.50- 10.00)	Lesson 2 (10-10.50)	Lesson 3 (11.10 - 12.00)	Lesson 4 (12:00 - 12.50)	Lesson 5 (13.20-14.10)	Lesson 6 (14.10-15.00)
Monday 18 November	Maths Calculator Paper 3 F 90 mins Maths Calculator Paper 6 H 90 mins					Geography Paper 2 Challenges in the Human environment 90 mins
Tuesday 19 November			Sociology Exam Length 105 mins Drama (Performance) Hair and Beauty 90 mins			Business Studies 90 mins
Wednesday 20 November	PE GCSE Paper 1 90 mins Dance (Performance)		Dance (Performance)			History Germany 60 mins
Thursday 21 November	Computer Science Paper 1 120 mins Food Prep 90 mins		French Listening F 35 mins and Reading F 45 mins French Listening H 45 mins and Reading H 60 mins			
Friday 22 November	Spanish Listening F 35 mins and Reading F 45 mins Spanish Listening H 45 mins and Reading H 60 mins		Geography Paper 1 Living with the Physical environment 90 mins			Drama (Performance)

**\*\*Mock speaking exams for French and Spanish will be scheduled at individual times by your French/Spanish Teacher\*\***



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# Careers Update

It's been an exciting week for career development, with several engaging trips and valuable opportunities for our students having taken place this past week.

## Year 11 College Applications

Last week, we welcomed representatives from a variety of colleges to support our Year 11 students with their college applications. It was fantastic to see so many students engaging in discussions about their future pathways. We are grateful to HSDC, COPC, UTC, and SHCG for joining us and assisting our Year 11s as they plan for life beyond school.

## Careers Adviser Support

Nancy, our Careers Adviser, will be in school every Friday until Christmas. If you're still unsure about your post-16 options or need extra guidance, please don't hesitate to reach out. You can book a one-to-one appointment through Miss Passmore, who will be happy to assist you.

## Year 7 Transition Mindset Day at Portsmouth University

On Tuesday, a small group of Year 7 students attended Portsmouth University for their Transition Mindset Day. This interactive event included a campus tour and gave students an insight into higher education and the various pathways available. They had the chance to speak with university ambassadors, learn about their career journeys, and even hear from a student currently completing an internship with Disney.



## Oral Health Careers Exploration for Health and Social Care Students

On Wednesday, a group of our Health and Social Care students visited Portsmouth University to explore careers in the oral health sector. The visit included a tour of the Dental Academy, where students had hands-on experience with dental equipment and models. They also had the opportunity to learn about the wide range of career options in oral health, ask questions of professionals in the field, and receive advice on their next steps from industry experts.

## JETS Partnership: BLUE Skies Project

We are thrilled to announce a new partnership with JETS, through which Trafalgar School students will have the opportunity to participate in the BLUE Skies Project. This three-year programme focuses on teamwork, leadership, and employability skills, and provides valuable insight into STEM-related careers. We are excited about the incredible opportunities this partnership will offer our students, helping them develop essential skills and expand their career options.



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# Join Us for Trafalgar School's Charity Christmas Fair!

This holiday season, Trafalgar School is hosting a special Christmas Fair to raise funds for one of our students facing a life-changing medical condition. Our goal is to help them access the critical treatment they need in the United States, and we're reaching out to our community for support.

Would you be able to help?

We're seeking donations for raffle prizes and games, and any contribution would make a huge difference.

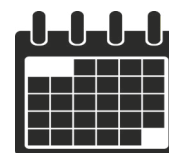
To donate, please feel free to email [pyoung@trafalgarschool.org.uk](mailto:pyoung@trafalgarschool.org.uk) or [arobinson@trafalgarschool.org.uk](mailto:arobinson@trafalgarschool.org.uk).

Alternatively, your child can bring donations directly to the Lighthouse.



## Upcoming Dates

Here is a summary of key dates and things to remember in the run up to Christmas.



Date	Event
Friday 15th November	European Residentials Deposit Deadline
Tuesday 19th November	Y7 Activities Week Meeting (Virtual)
Tuesday 19th/Wednesday 20th November	Selected Y10 1:1 meetings
Thursday 21st November P5/6	Christmas Themed Craft Fair (Year 8 R Band)
Thursday 21st November	Y9 Parents Evening
Tuesday 26th November	Whole School PD Day (Y7 offsite- Peter Ashley Centre- £8.50)
Friday 29th November	Activities Week Deposit Deadline
Friday 29th November	Lille Trip- selected students
Wednesday 11th December	Y7 Charity Disco
Thursday 12th December	Y11 Parents Evening
Friday 13th December	Flu jabs
Wednesday 18th December	Y7 Christmas Concert
Friday 20th December	Celebration Assembly- Early finish



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# What Parents & Educators Need to Know about INSTAGRAM

AGE RESTRICTION  
**13+**

follow

WHAT ARE THE RISKS?

Instagram is a highly popular social media platform with over 2 billion active monthly users. The app is continuously updating and adding new features to meet the wishes of its audience, allowing them to upload images and videos to their Instagram feed, create interactive 'stories', go live, exchange private messages or explore and follow other accounts that catch their eye.

## ADDICTION

Many social media platforms, Instagram included, are designed to keep us engaged on them for as long as possible. They encourage scrolling often and scrolling more in case we miss something important – in essence, a fear of missing out. On Instagram, young people can lose track of time when aimlessly scrolling and watching videos posted by friends, acquaintances, influencers and possibly strangers.

## UNREALISTIC IDEALS

Children sometimes compare themselves to what they see online: how they look, how they dress, and the way their life is going in comparison to others on social media. However, most people only share the positives about their lives online and many use filters when sharing pictures of themselves. A constant comparison with unrealistic ideals can lead to insecurity over one's own appearance and lifestyle.

## GOING LIVE

Livestreaming on Instagram allows users to connect with friends and followers in real time. Risks increase if the account is public, because that means anyone can watch the broadcast, which could result in further contact from strangers. Additional dangers of going live include an impulse to act inappropriately to draw more viewers, as well as being exposed to harmful content or offensive language.

## INFLUENCER CULTURE

Social media influencers are sometimes paid thousands of pounds to promote products, services, apps and more. When celebrities or influencers post such content, it often says 'paid partnership' above the post. In April 2024, Ofcom found that over a quarter of children (27%) believed in influencer marketing, accepting their endorsement of products wholeheartedly. So it's perfectly possible for young people to be taken in by this kind of content.

## PRODUCT TAGGING

Product tags allow users to tag a product or business in their post. This tag will take viewers directly to the product detail page on the shop where the item can be purchased. Children may also be encouraged by influencers to purchase products that they advertise.

## EXCLUSION & OSTRACISM

Youngsters are highly sensitive to feeling excluded, which comes in many forms: not receiving as many 'likes' as expected; not being tagged in a friend's photo; being unfriended; not receiving a comment on their post or a reply to a message they sent. Being excluded online hurts just as much as offline. Young people have reported lower moods and self-esteem when excluded in this way, feeling as if they don't belong and aren't valued.

## Advice for Parents & Educators

### AVOID GOING PUBLIC

If a young user wants to share their clothing style, make up or similar and use product tagging to show off the items in their post, they may be tempted to change their settings to public. This leaves their profile visible to everyone, which carries the risk of strangers getting in touch with them. Set a child's account to private and explain the importance of keeping it this way.

### HAVE AN OPEN DIALOGUE

Talk to children about the positives and negatives of social media, including the risks involved and how they can view or create content safely with family and friends. Explain how safety settings will ensure only followers can view them, and why this is so important. Also, if you find a child continuously uses filters on their photos, ask them why and impress on them that they don't need it.

### MANAGE LIKE COUNTS

Due to the potential impact on mental wellbeing, Instagram allows users to hide the total likes on their posts, to prevent people from obsessing over that number in the corner. Users can hide like counts on all the posts in their feed as well as on their own posts. This means others can't see how many likes a person gets. This can be done by going into Settings > Notifications > Posts > Likes > Off.

### USE MODERATORS

Instagram Live has implemented a mechanic called Moderators, meaning that creators can assign a moderator and give them the power to report comments, remove viewers and remove the ability for certain viewers to comment at all. Consider this if a child in your care wants to go live on the platform. It's also recommended to keep devices in communal spaces so you're aware if a child does go live or watch a livestream.

### FOLLOW INFLUENCERS

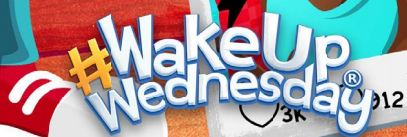
Following influencers will allow you to monitor what they're sharing as well as being able to discuss anything which you deem inappropriate. Talk to children about who they follow and help them to develop critical thinking skills about what the influencer is trying to do. For example, encourage the child to ask themselves if an influencer is trying to sell them a product when they make a video endorsing it.

### BALANCE YOUR TIME

Instagram has a built-in activity dashboard that lets you control how much time is spent on the app. Make sure children sign in to the platform with the correct age, as Instagram's 'Teen Accounts' afford much more control for parents and carers over how long they can use the app each day. Talk with young users about how much time they spend on Instagram and work together to set a healthy time limit.

## Meet Our Expert

Dr. Claire Sutherland is an online safety consultant at BCyberAware. She has developed and implemented anti-bullying and cyber safety workshops and policies for schools in Australia and the UK. Claire has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.



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Source: See full reference list on guide page at: <https://nationalcollege.com/guides/instagram-2022>

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