

# Parent Bulletin

22<sup>nd</sup> November 2024

Welcome to the latest edition of our parent bulletin.

Thank you to all the parents and carers who joined us for the Year 9 Parents' Evening virtual meeting yesterday. Your engagement and support really helps to strengthen our home-school relationships and reinforces your child's development and learning.

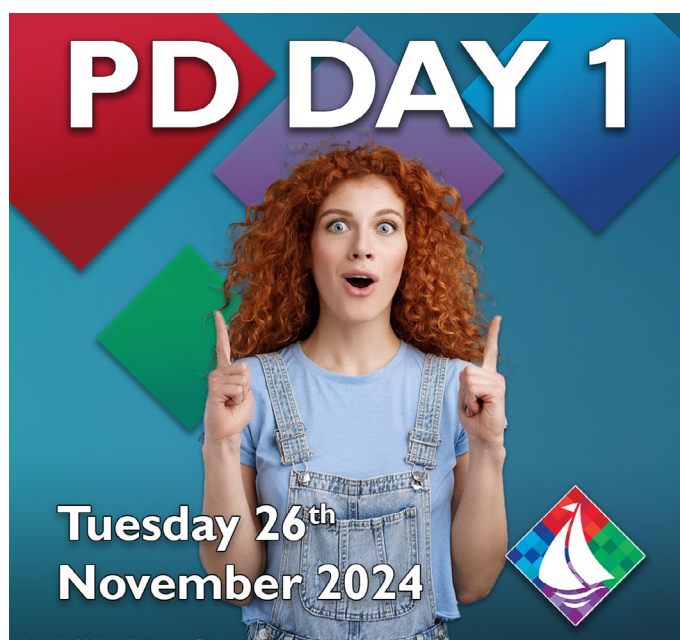
Next week, we're excited to host **PD Day 1**, a day dedicated to Personal Development. Students will step away from their regular timetable to engage in a variety of enriching sessions. A highlight of the day is the return of **The Big Interview** for our Year 10 students. This highly anticipated event has been a great success in previous years, and we're eager to see our students shine in their business attire as they impress employers.

Don't forget to grab your tickets for the **Year 7 Charity Disco** on 11<sup>th</sup> December! It promises to be a fun-filled evening, and all proceeds will go towards supporting a member of our community who requires medical aid in America.

We're also thrilled to introduce our new **School Club Loyalty Cards**! Students can now earn rewards such as hot chocolate and house points by attending extra-curricular clubs. It's a fantastic way to encourage participation and celebrate commitment.

Stay safe and take care,

Team Trafalgar



## Key Dates

## Autumn 2024

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

**Friday 29<sup>th</sup> November** - Activities Week deposit deadline

**Friday 29<sup>th</sup> November** - Lille Christmas Market trip

**Wednesday 11<sup>th</sup> December** - Year 7 Charity Disco

## 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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# Careers Update

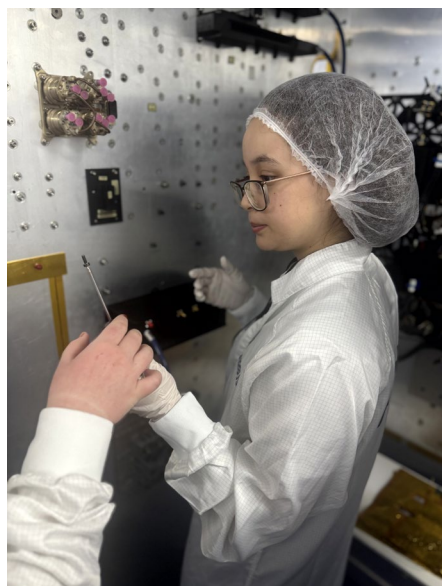
Our students had the chance to take part in two incredible trips recently, each offering unique insights into future career opportunities and the exciting developments in their respective fields.

## Year 9 Performing Arts Students Visit Portsmouth University

On Wednesday, a group of Year 9 Performing Arts students enjoyed an inspiring trip to Portsmouth University, where they visited the **Centre for Creative and Immersive Extended Reality (CCIXR)**. This state-of-the-art facility is the UK's first fully integrated space dedicated to creative and digital technologies in virtual, augmented, and extended realities.



During their visit, students experienced cutting-edge tools such as Motion Capture, Virtual Production, and the Sound Stage, gaining first-hand insight into how advancements in technology are reshaping the world of Performing Arts. The visit also highlighted the diverse career paths within the sector, showcasing how skills in creativity and technology can come together in powerful ways.



## Year 10 Students Explore Women in STEM with Airbus

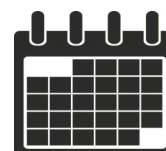
Meanwhile, a group of our Year 10 students attended a **Women in STEM event** hosted and organised by Airbus. This trip gave students an exclusive tour of their facilities, providing an up-close look at the cutting-edge work the company does both locally and nationally.

The day featured talks and Q&A sessions with employees and apprentices, who shared their experiences of working in STEM (Science, Technology, Engineering, and Maths). Students were inspired by the pathways available in STEM and gained valuable advice about pursuing careers in these fields.

Both trips were fantastic opportunities for our students to broaden their horizons, spark their imaginations, and consider how their skills and passions can lead to exciting futures in Performing Arts or STEM.

## Upcoming Dates

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



Date	Event
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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# 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.



## Trafalgar School Club Loyalty Cards



## !!!WIN!!!

### **A free hot chocolate and 10 house points!**

- Years 7-10: Write your name and tutor number on your card
- Attend a club or activity at Lunch and/or after school
- Get your card signed or stamped by the supervising staff member
- Fill your card up, hand it in to the canteen to claim your free hot chocolate
- Mrs Geehan will then receive your card and award you with 10 house points
- Once you've filled it up, you can get another one!

**From home, scan the QR code and follow the link to see what's on!**

**Tutor group prizes up for grabs for the most cards filled!**

***Year 11 - watch this space...***



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# What Parents & Educators Need to Know about SCHOOL AVOIDANCE

School avoidance refers to reduced attendance or non-attendance at school by a child or young person. In 2022-23, more than one in five children in England were found to be absent from school over 10% of the time. This guide focuses on school avoidance with an emotional basis, offering expert mental health advice. However, it's important to remember that school avoidance is a hugely subjective experience which requires a tailored, individual approach.

## UNDERSTANDING SCHOOL AVOIDANCE

### REASONS FOR ABSENCE

School avoidance is sometimes underpinned by several factors rather than one single cause. This could include something going on for the child or young person within the family or at school. A child may have caring responsibilities at home, for instance, or a change in family dynamics; bullying and friendship difficulties at school; pressure to achieve in schoolwork and exams; or moving from primary school to secondary school.

### PATTERNS OF ABSENCE

You may notice patterns in regular absences or children regularly expressing that they don't want to attend school (particularly being reluctant to leave home on school days). If a child or young person is neurodiverse, there is some evidence to suggest there are more aspects of school life which can cause distress – such as changes in the environment, changes of routine and sensory stimuli.

### COMPLAINTS ABOUT PHYSICAL SYMPTOMS

There may be an increase in a child or young person's complaints about physical symptoms, particularly on school days or the evening before school. These could include tummy aches, headaches, or saying they feel ill when there doesn't appear to be a medical cause. Always check with the GP first to rule out medical causes or illness.

## IMPACT OF SCHOOL AVOIDANCE

### LEARNING AND DEVELOPMENT

School refusal can negatively impact a young person's learning and development. Attending school on a regular basis not only supports academic attainment but is also important for the development of key life skills and the growth of children and young people as citizens.

### LONG-TERM OUTCOMES

The difficulties associated with school non-attendance can be far reaching and may have a negative impact on long-term outcomes. It may, for example, lead to reduced future aspirations, poor emotional regulation, mental health difficulties, limited academic progress and restricted employment opportunities.

### CYCLE OF ABSENCE

Consistent absences may contribute to sustained school avoidance over time. Further to this, the longer a pupil is out of education, the more likely it is that there is a rise in their ongoing need to avoid the activity making them anxious – increasing their desire to stay at home.

## Advice for Parents & Educators

### WORK TOGETHER

If there's a concern about a child's absence and emotional wellbeing, it's important that there is clear communication and a consistent approach between the child's parents and the school, so you can take a child-centred approach together towards a plan of support or reintegration. This ensures a consistency of approach from both home and school, creating better outcomes for the child.

### MANAGE OVERWHELMING FEELINGS

Acknowledge the child's worries, listen and discuss coping strategies together to help them manage difficulties. These could include mindfulness, deep breathing or going for a walk. This helps them understand that you are working together towards a common goal, and that these strategies can be used when bigger feelings arise.

### FOLLOW REGULAR ROUTINES

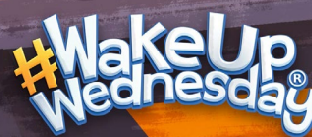
Children can benefit from a regular and consistent routine. This could be a morning routine, from waking up and having breakfast through to getting dressed, packing their bag and leaving the house. A consistent evening routine which is calm and spent away from screens can also give children much needed predictability and familiarity. Schools can help create a timetabled routine for the child's school day, if required.

### RECOGNISE POSITIVE STEPS

Drawing attention to a child's successes – be they big or small – can help to give them some much-needed confidence and motivation. Celebrate these daily victories – such as getting out of bed on time or completing school work – and don't hesitate to let the child know when you're impressed or proud of them. Such an approach can go a long way.

## Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



The National College®

Source: See full reference list on guide page at: [nationalcollege.com/guides/school-avoidance](https://nationalcollege.com/guides/school-avoidance)

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