

Parent Bulletin



20th December 2024

Welcome to this week's Parent Bulletin - the final edition of 2024!

As we wrap up the term and head into the Christmas break, it's been a fantastic week full of festive activities.

Students enjoyed their House Christmas Dinners earlier this week, a great chance to come together, share a meal, and celebrate as a community. A huge thank you to everyone involved in making these events such a success.

Our Christmas Concert was a sell-out and showcased the incredible talent of our students. From musical performances to dramatic pieces, it was a brilliant evening that highlighted the creativity and hard work of everyone who took part.

We also rounded off the term with our end-of-term celebration at the Mountbatten Centre. It was fantastic to be back at this venue after more than a year and the event provided a fitting way to recognise students' achievements and celebrate the end of term together as a school community.

Thank you for your continued support throughout 2024. We wish all our students and families a restful, happy Christmas and look forward to seeing you in 2025.

Stay safe and take care,
Team Trafalgar



Key Dates

Spring 2025

Monday 6th January - Students start back for Spring Term

Monday 20th January - Trust Annual Conference - School closed to all students

Thursday 23rd January - SEN Review & Live Well Event

Monday 27th January - Holocaust Memorial Day

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](https://trafalgarschool.org.uk/uniform-equipment).



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Thank You for Supporting the Food Bank!

A massive thank you to everyone who contributed to our food bank drive! We're thrilled to share that we donated an incredible 235 kilograms of food and toiletries, a phenomenal achievement!

The food bank team were absolutely blown away by your generosity, and this turnout shows the amazing community spirit we have here at Trafalgar. Let's aim to double this total next year!

Thank you all again for making such a difference!



End of Term Awards

It has been an incredibly busy and exciting term filled with loads of achievements and our fantastic community have been embodying our core values and smashing expectations every day!

Here is a list of some of our students who have received awards in our end of term celebration, in recognition of their successes.



Top Boy is Sailasa



Top Girl is Elsie

HOH Star Students

Temeraire: Scarlett B

Britannia: Grace C-C

Sovereign: Molly C

Victory: Viswajith Y



Well done to every student who received an award! Have a great Christmas and we'll see you in 2025!



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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 7's Pantomime Adventure and Christmas Cheer!



On Monday, our Year 7 students had a fantastic time at the pantomime! With singing, dancing, and audience participation, it was a magical experience that had everyone smiling from ear to ear. The atmosphere in the theatre was electric, making it a show to remember.

Later in the week, the festive spirit continued with the Year 7 Christmas Concert. Our talented students wowed the audience with beautiful performances of carols and holiday tunes, showcasing their hard work and holiday cheer.



A massive thank you to the New Theatre Royal for hosting us, and to everyone who made the Christmas Concert such a wonderful celebration!



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10 Top Tips for Parents and Educators SAFETY ON SOCIAL MEDIA

Currently, children are growing up in an immediate and throwaway culture when it comes to content that's consumed online. So much material is now deliberately created to be shorter in nature – and may often contain hidden elements such as advertising, or extreme political and cultural views. With complex algorithms built to keep people on their phones and engaging with social media content, it's becoming increasingly difficult to reduce time spent on these platforms.

1 REDUCE DOOMSCROLLING

It's concerning how common for young people to spend hours 'doomscrolling': trawling through social media and aimlessly viewing every post they see, many of which might make them feel sad or anxious. Social media can be useful for keeping in touch with friends and family, as well as staying up to date on current events. However, it's important to use it with a clear purpose, instead of endlessly scrolling through content, which could lead to young people accidentally discovering harmful material.

2 TALK ABOUT THE CONTENT

It's important to keep apprised of the kind of content that a young person is being exposed to. Discussing what they're watching online can help you understand why they're using social media in the first place. Furthermore, ensure that children are aware of hidden content, such as advertising of a product – and that they know how to spot that the creator is being paid to talk about it.

3 FIND POSITIVE ASPECTS

Despite all the concerns, there's plenty of wholesome content on social media. It's worth spending time with children to help them find something suitable and enjoyable. Perhaps you'll even discover a joint interest, and you can enjoy the content alongside the child. As part of this, you should also point out why certain things shouldn't be given attention, explaining why it isn't suitable and why it's been created in the first place.

4 REDUCE SCREENTIME

Young people can sometimes be unaware of the exact amount of time they spend looking at social media. Smart phones don't just have the capacity to monitor screentime; they also record how much time is spent on each app. Consider setting targets to reduce this and support children to meet these goals, gradually reducing the amount of time spent on different apps.

5 FILL THE VOID

Monitoring and reducing screentime can create a lot of free time to fill, and young people can even face withdrawal symptoms when made to step away from their phones. To mitigate this, consider what offline activities you could introduce the child to, and what they would enjoy. This can ensure that young users will permanently cut down on their screentime, rather than temporarily doing so while they know it's being monitored.

6 REDUCE NOTIFICATIONS

One way in which social media platforms keep people coming back is through notifications. The algorithms behind these apps track people's daily habits, including the times of the day where they're most likely to engage with the platform. This data is then used to deliver specifically timed notifications to draw them back in. To avoid young users being exposed to this tactic, simply turn off notifications for the app in their phone's settings.

7 LIVE IN THE REAL WORLD

Overexposure to social media can distort someone's perception of the real world – from body norms to social conventions. This filtered environment can make it hard for young people to distinguish reality from online content, which is now becoming even more difficult with the rise of AI. To mitigate this concern, take time to teach young people how to discern truth from fiction, both on and off social media.

8 DIGITAL DETOX

Encouraging young people to take a 'digital detox', from even just a couple of the apps that they use, can result in an overall reduction of screentime and less exposure to potentially harmful content. Alternatively, rather than avoiding the app entirely, encourage children to take a 'digital detox' from content creators and influencers, and instead, keep in touch with friends and family – which is generally a far healthier use of these platforms.

9 MODEL GOOD BEHAVIOUR

Consider the habits that you're demonstrating to your children. How much time do you spend on your phone? How much do you 'doomscroll'? Comparing your own usage with the child's could put things into perspective for them – or if it turns out that you're also overusing social media, it can turn screentime reduction into a joint mission, which you and the child can work on together.

10 BE CLEAR ON THE "WHY"

Research shows that young people can become addicted to social media. There are many schools that are moving towards being 'phone free' due to the negative impacts of using social media and phones continuously. It's important to explain to young people why managing screentime is important. Set out the benefits and ensure they have all the relevant information, so it's not just seen as a punishment.

Meet Our Expert

John Insley is a senior leader in a Birmingham secondary school and has vast experience in leading schools over the past 15 years – including the development of computing curriculums across primary and secondary schools, writing e-safety policies and supporting schools with computing and e-safety advice.



The National College

Source: See full reference list on guide page at <https://nationalcollege.com/guides/top-tips-for-safety-on-social-media>

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