

Parent Bulletin



10th January 2025

Welcome to this week's Parent Bulletin – the first edition of 2025!

We hope you all had a relaxing time with your families over the Christmas period. It's been good to see students back at school and settling into their routines. The new term is a fresh start, and we're ready to make it a positive one.

In this week's bulletin:

- **Year 11 Parents:** Elevate Education is continuing to host webinars to help your child prepare for their final exams. Details and registration links are provided inside this bulletin.
- **Getting Back into Routine:** For all families, we've shared some tips to help ease back into routines after the two-week break. Establishing good habits now can make a big difference in the weeks ahead.

Thank you for your continued support. Let's work together to make 2025 a successful year for everyone.

Stay safe and take care,
Team Trafalgar



Key Dates

Spring 2025

Wednesday 15th January - Trust AGM

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

Thursday 23rd January - SEN Review & Live Well Event

Tuesday 28th January - Dance Live!

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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PE - Spring Clubs Timetable

Here are the updated PE clubs for the Spring Term 2025!

	Lunch Time – 12:50 –13:20	After school 3-4pm
Monday	Basketball Year 7&8 (Gym 1) KNO	Girl's football (Gym 2) EPO Year 8 boy's football (Field) CFU Basketball (Gym) SLL
Tuesday	Basketball Year 9 (Gym 1) EPO	Netball (Astro) LNE Trampolining (Gym) DST
Wednesday	Football Year 8 (Gym 2) SLL	Year 7 boy's football (Field) SLL Year 9, 10 and 11 boy's football (Field) SLL
Thursday		
Friday	Sports Leaders (Gym 1) KNO	Year 10&11 HSC/CD/SS/GCSE Enrichment Invite only

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



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Elevate Education's Spring Term

Parent Webinar Series

Elevate Education delivers high-impact workshops to our students that help to develop their study skills, motivation, and exam preparation. Over the next term, you're invited to join their parent webinar series, where you can help support your child at home by reinforcing the skills they're learning at school.

How to Help Your Child Improve Their Note Taking

21st January 6:00pm

How You Can Make Technology an Ally (& Not the Enemy!)

4th February 6:00pm

How You Can Help Your Child Prepare for Exams

11th March 6:00pm

How You Can Support Your Child During Exams

25th March 6:00pm

Register today at: <https://go.elevateeducation.com/ukschoolwebinar>



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10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO RETURN TO ROUTINE

Most of us look forward to the school holidays as an opportunity to slow down and relax, stay up later, sleep in and generally approach life in a more leisurely fashion. However, this does mean that returning to normal school-day routines can feel like an uphill battle. Here are some practical tips to ease that transition, reduce stress and set children up for success.

1 START SMALL AND EARLY

Begin reintroducing elements of the school routine a week before term starts. Gradually adjust bedtime, wake-up times and mealtimes to be more in line with school-day rhythms. Small changes can make a big difference in avoiding last-minute panic and helping children to readjust smoothly.

2 REVISIT THE SCHEDULE

Involve your child in mapping out their daily routine so they understand what's going to change. Visual tools like charts or calendars can help keeping to that schedule feel more engaging. When children understand and anticipate their personal timetable, they feel more secure and in control.

3 CREATE A SLEEP PLAN

Sleep can present one of the biggest challenges, as children can sometimes become night owls, prone to staying up late during the holidays. Limit screen time before bed and encourage winding-down activities like reading or listening to calming music. A restful night's sleep improves focus, mood and overall wellbeing, making mornings much smoother.

4 ENCOURAGE FRIENDSHIPS

Help your child to reconnect with school friends by organising playdates, catch-ups or arranging to go to after-school clubs. Re-establishing social bonds can make the return to school more exciting and less intimidating, allowing youngsters to focus on the positive aspects of the new term.

5 GRANT RESPONSIBILITY

Give children control over some aspects of the morning routine. Maybe they could be in charge of waking everyone up, serving breakfast or choosing the radio station that everyone listens to while getting ready. Something that gives them a sense of ownership over their morning schedule can help them view the task as one they've chosen to do, rather than being told to do it.

6 FOCUS ON NUTRITION

Make sure children are receiving balanced meals (with regular healthy snacks to boost energy and concentration), putting them in the best possible state to return to education. A nutritious breakfast is particularly crucial for a positive start to the day. Involve children in meal planning to make it enjoyable and collaborative.

7 COMMUNICATE OPENLY

Talk with your child about how they're feeling about returning to school: whether they're excited, anxious or a mix of both. Validating their emotions helps them feel supported and understood. Try asking them about the things they're looking forward to at school, such as seeing their friends again. Focusing on the positives can be useful for children struggling with change.

8 RECONNECT WITH LEARNING

Ease children back into a learning mindset by incorporating fun, educational activities into their home life. Reading a favourite book, playing games that involve maths or discussing an interesting topic can gently reawaken their focus and prime their minds to learn, which can have helpful impacts on their academic performance.

9 PREP TOGETHER

Turn preparation into a shared activity, to shoulder the responsibility together and provide support where needed. Pack school bags, lay out uniforms and plan lunch the night before. This not only reduces early morning stress but also gives children a sense of ownership over being ready for school.

10 BE PATIENT AND FLEXIBLE

Transitions take time, and every child adjusts differently: so, it's important to stay calm and supportive, especially if they're reacting adversely to the change in their daily life. Be ready to tweak routines as needed, and work with the child to make the return to education easier possible for them. Patience can go a long way to setting a positive tone for the new school year.

Meet Our Expert

Becky Dawson is an education expert with a focus on mental health and wellbeing. Passionate about empowering adults who spend time with and care for young people, Becky specialises in creating practical strategies that promote wellbeing and resilience in children during life's transitions.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at:

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