

# Parent Bulletin



31<sup>st</sup> January 2025

Welcome! Our upcoming PD Day is on 5<sup>th</sup> February. Students will be in school but will be off timetable for the day, participating in engaging and enriching activities. Full details have been sent home via Class Charts and are also available inside this bulletin.

Our Year 8 students had some exciting opportunities this week with trips to Portsmouth University and Fratton Park. Meanwhile our Year 11 students were joined by students from Mayfield to watch an external theatre company perform "A Christmas Carol" in our Main Hall to help further enrich their studies.

Year 7 students were recently treated to a performance of "Wherever Home Is," a play created from over 100 conversations with children of service personnel, their parents, teachers, and school support professionals. This engaging performance provided thought-provoking experiences for our students.

A huge congratulations to all our students who took part in Dance Live! They represented our school with enthusiasm and talent, making us incredibly proud.

Parents of Year 8 students, please remember to book your appointments for Parents' Evening on the 13<sup>th</sup> February via School Cloud. Details have been sent out via Class Charts, so be sure to secure your slot!

Stay safe and take care,

Team Trafalgar

## Well done Spencer!

Congratulations to Spencer for winning the FMES Young Engineer of the Year Award! His remarkable achievement in building a 5-inch gauge battery locomotive in his free time has earned him this prestigious honour from the Federation of Model Engineers Society.



We are immensely proud of his dedication and talent. Spencer's feature in the January edition of Model Engineer Magazine is a testament to his hard work and ingenuity. Don't miss out—race to your local retailers and grab a copy now!

Well done, Spencer!



## Key Dates

Spring 2025

**Wednesday 5<sup>th</sup> February** - PD Day 2

**Thursday 13<sup>th</sup> February** - Year 8 Parents' Evening (virtual)

**Monday 17<sup>th</sup> - Friday 21<sup>st</sup> February** - Half Term

**Monday 24<sup>th</sup> February** - Students back in school

## 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).



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# PD Day 2 information

On Wednesday 5<sup>th</sup> February, our next Personal Development Day will take place, focusing on the crucial topic of personal safety—both online and in everyday life. This important day is designed to help students recognise, challenge, and understand the impact of abuse in a way that is appropriate to their age group. Developed in response to government guidance and feedback from parents and students, this event builds on the success of last year's sessions, tackling a challenging yet essential topic.

Each year group will participate in specifically designed workshops and talks aimed at equipping them with the knowledge and tools they need to stay safe and support others.

## **Year 7: The Active Bystander**

Year 7 students will explore what it means to be an active bystander, completing workshops on how to be a conscious bystander. They will also attend a live talk from St Giles Trust, which will provide age-appropriate information on gangs and the dangers of exploitation. More information about St Giles Trust can be found [here](#).

## **Year 8: Challenging Negative Behaviours**

Building on the bystander theme, Year 8 students will create a 'toolkit' of strategies to challenge negative behaviours. They will explore topics such as the impact of sexist language and banter, as well as attend presentations on healthy and unhealthy relationships delivered by Stop Domestic Abuse. Additionally, they will learn about the dangers of knife crime through a session from Charlie's Promise. More details on these organisations can be found at [Charlie's Promise](#) and [Stop Domestic Abuse](#).

## **Year 9: Crime Awareness and Prevention**

Year 9 students will work with 'Prison Me No Way' to understand the choices and coercion that can lead to crime, including gang involvement, county lines, and domestic abuse. They will also have the opportunity to visit a prison van and meet ex-offenders who will share their life stories and reflections. More information about The No Way Trust can be found [here](#).

## **Year 10: Image Distribution and Relationship Safety**

Year 10 will engage in workshops addressing the legality of image distribution and the signs and effects of relationship abuse. Talks from St Giles Trust will offer insight into the realities of gang culture and knife crime, with Charlie's Promise providing a perspective on how knife crime affects innocent bystanders and their families. Learn more about these organisations at [Charlie's Promise](#) and [St Giles Trust](#).

## **Year 11: Exam Preparation**

Recognising the unique needs of our Year 11 students, their Personal Development Day will be tailored towards exam preparation. Supported by [Elevate Education](#), the sessions will provide valuable strategies to help students prepare for their GCSEs.

## **Supporting Our Students**

We understand that these topics can be challenging for some students. To ensure everyone feels supported, we will discuss these themes in advance during tutor time and provide targeted support for students who may find the content particularly difficult. Our Compass Centre will also be open throughout the day, offering a safe space for students who may need someone to talk to. All students will be informed about how to access this support.

If you have any concerns or questions ahead of this important day, please feel free to contact Ms. Clark at [lclark@trafalgarschool.org.uk](mailto:lclark@trafalgarschool.org.uk).



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## PPV CAMHS DROP IN SESSIONS

CAMHS will be joining us monthly to discuss different topics and answer any questions you may have about your child or young person relating to their service offer.

Tuesday 4th February 2025  
10am - 12pm

This month the topic is  
**Neurodivergence**

Central library, Lower Ground Floor,  
Guildhall Square, Portsmouth PO1 2DX

Further information: [ppvadmin@hspportsmouth.org.uk](mailto:ppvadmin@hspportsmouth.org.uk)



Portsmouth  
**SEND Local Offer**



NO BOOKING  
NEEDED

More Dates  
4th March 2025  
6th May 2025  
3rd June 2025

Portsmouth SEND Local Offer



## Local Offer On Tour

📍 St. Michael & All Angels' Church, Paulsgrove

📅 Wednesday 12 February

🕒 10am – 12.30pm

Learn about the services that support children and young people up to the age of 25 years old with Social, Emotional and Mental Health (SEMH) needs.



Get your  
ticket online  
today!

**SEMH  
support  
event**

Get your ticket today!  
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## Year 8 Visit to Portsmouth University

Our Year 8 students recently visited Portsmouth University, taking part in three exciting sessions designed to broaden their knowledge and explore future careers.

The first session focused on economics, where students took part in a mock stock market trade. Split into buyers and sellers, they strategised to make the biggest profits. Well done to Jackson and Martyna, who outperformed other schools with their impressive trading skills!



Next, students explored wild psychology, working in teams to decide whether a sun bear should stay in conservation or be released into the wild. This challenged their critical thinking and decision-making skills.

The final session covered drones, where students learned about their uses, registration, and responsible operation. They also debated the pros and cons of this growing technology.

The trip was a great opportunity for students to explore different career paths and align their subject choices with future ambitions. We look forward to more enriching experiences like this!



## Year 8 Students Visit Fratton Park

Our Year 8 students had a fantastic trip to Fratton Park. They learned about the history of football, how it has developed, and explored various careers in the football industry. They also got to design their own footballs for Mitre, with the winning design being made into a real football!

As a special treat, students had their pictures taken with the 2008 FA Cup won by Portsmouth FC. We are very proud of our students for representing the school so well. As a reward, they each received a free football from Mitre.

A huge thank you to Pompey in the Community for organising this amazing experience.



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# College Open Evenings - Spring Events

Here is a list of college open events in the upcoming months:

College	Dates		Times
City of Portsmouth College  0923 92 383131 <a href="http://www.city-of-portsmouth-college.ac.uk">www.city-of-portsmouth-college.ac.uk</a>	Wednesday 12 <sup>th</sup> February 2025  Please contact the college directly, if you would like to book a 1-1 visit.		4:30 - 7:30pm
City of Portsmouth College  Highbury Campus & North Harbour Campus  02392 383131 <a href="http://www.city-of-portsmouth-college.ac.uk">www.city-of-portsmouth-college.ac.uk</a>	Wednesday 12 <sup>th</sup> February 2025  Please contact the college directly, if you would like to book a 1-1 visit.		4:30 - 7:30pm
Havant South Downs College (HSDC)  South Downs Campus  Havant Campus  02393 879999 <a href="http://www.hsdac.ac.uk">www.hsdac.ac.uk</a>	Thursday 27 <sup>th</sup> February 2025  Wednesday 5 <sup>th</sup> March 2025		5 - 7:30pm
South Hampshire College Group 01329 815200 <a href="https://shcg.ac.uk/">https://shcg.ac.uk/</a>	Fareham College campus: Wednesday 19 <sup>th</sup> March 2025		5 - 7pm
St Vincent College <a href="http://www.stvincent.ac.uk">www.stvincent.ac.uk</a> 02392 588311	Wednesday 14 <sup>th</sup> May 2025  To arrange a 1-1 visit, please contact the college via: Call 023 9258 8311 or email <a href="mailto:info@stvincent.ac.uk">info@stvincent.ac.uk</a>		5 - 7pm
Chichester College <a href="http://www.chichester.ac.uk">www.chichester.ac.uk</a> 01243 786321	Thursday 6 <sup>th</sup> March 2025		4:30 - 7pm
Sparsholt College <a href="http://www.sparsholt.ac.uk">www.sparsholt.ac.uk</a> 01962 776441	Saturday 1 <sup>st</sup> February	Register online via website.	09:30am -2pm



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# 10 Top Tips for Parents and Educators

## SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

### 1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.



### 2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.



### 3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.



### 4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.



### 5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.



### 6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.



### 7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.



### 8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.



### 9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.



### 10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.



### Meet Our Expert

Adam Gillett is Associate Vice-Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.



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