

Parent Bulletin



14th March 2025

As we wrap up another busy week at Trafalgar, we want to extend our heartfelt thanks to all the parents and students who attended our Year 9 Options Evening. It was wonderful to see so many of you engaging with Curriculum Directors and exploring the choices ahead. A reminder that the deadline for finalising option choices and getting forms to tutors is Tuesday 1st April, during RAP meetings, so please ensure all selections are submitted on time.

Looking ahead, we want to remind you that next Wednesday is an INSET day, meaning the school will be closed to students. We appreciate your support as our staff take this valuable time for professional development to enhance our offering here at Trafalgar.

Inside this edition of the Parent Bulletin, you'll find exciting updates about recent student trips. From enriching educational visits to adventurous outings, our students have been busy experiencing new and inspiring opportunities.

Stay safe and take care,

Team Trafalgar

Year 9 Options Evening

This past week, we were delighted to welcome Year 9 students and their families to our GCSE Options Evening on Thursday 13th March, in the Main Hall.

The event provided a fantastic opportunity for attendees to gain a clear understanding of the GCSE options process, speak with teachers and Curriculum Directors for expert guidance and receive an Options Booklet filled with key information.

It also helped students prepare for the upcoming Tutor RAP meetings on 1st April, which will be a great chance to discuss their option ideas in more detail.

Choosing the right subjects is a crucial step in shaping future success, and we remain committed to supporting our students every step of the way.



Key Dates

Spring 2025

Saturday 15th March - Bronze DofE Practice

Wednesday 19th March - INSET Day (School closed to students)

Wednesday 26th March - Performing Arts Easter Performance

Tuesday 1st April - RAP Meetings (school closed to students)

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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Year 9 'My Professional Self' Trip – Portsmouth University

Our Year 9 students recently took part in the 'My Professional Self' trip to Portsmouth University, where they had the exciting opportunity to work with and learn from a variety of local employers. The day was designed to help students start thinking about their future careers, exploring their own skills, values, and motivations.



Throughout the session, students engaged in team and individual challenges, developing key employability skills such as communication, problem-solving, and resilience. One of the highlights of the day was when students were challenged to deliver a speech to local employers, showcasing why they should be hired based on the skills and qualities they had explored during the session.

We were absolutely blown away by the dedication, confidence, and professionalism our students demonstrated. They did a great job representing themselves and Trafalgar School. Well done to all involved!

Blue Skies Project – Portsmouth University Trip

Students on the Blue Skies Project recently had an exciting and inspiring visit to Portsmouth University where they worked with the Institute of Cosmology and Gravitation to design and build their own water rockets. They then launched their creations from Ravelin Park, testing their engineering skills in a hands-on and dynamic way.



In addition to the rocket challenge, students had the unique opportunity to visit the Centre for Creative and Immersive Technology—the UK's first integrated facility for creative and digital technologies in virtual, augmented, and extended realities. This visit offered a fascinating insight into cutting-edge digital advancements and their real-world applications.



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A huge well done to all students for their innovative rocket designs, with a special congratulations to Team 2, whose rocket stayed airborne for an impressive six seconds!

It was a fantastic day filled with creativity, teamwork and discovery. Well done to everyone involved!



Reading Plus Leaderboard

Congratulations to 7G2 for topping the Reading Plus Leaderboard for a third straight week!

Well done! You have smashed it and are still the best across Years 7 to 9!

Leaderboard	
Top Classes - Total Avg. Reading Lessons (SR)	
1. 7G2/En (2024/25)	63.8
2. 7R3/En (2024/25)	49.7
3. 7R1/En (2024/25)	47.9
4. 8G1/EN (2024/25)	40.3
5. 7G1/En (2024/25)	37.4

This week's individual winner is Amelia. Amelia chose 'Six of Crows' by Leigh Bardugo as her reward from the Library Book Vending Machine.

Happy reading, Amelia! You've earned it!

If you would like to win a free book this could be YOU next week! The programme will be set to the level that is correct for you, so get reading on Reading Plus and enjoy the results!

If you have any questions see Mr Jenner in the Library.



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10 Top Tips for Parents and Educators SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this question for now."

4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

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, which works with schools on improving their mental health provisions.



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