

Parent Bulletin

20th September 2024

Welcome back to the Trafalgar Parent Bulletin!

Thank you to everyone who attended our Preparing for Year 11 event this week, we welcomed many parents and students to familiarise themselves with the year ahead. It was a fantastic evening with plenty of opportunities to speak with Curriculum Directors, as well as a range of colleges and career advisors, helping students plan for their futures.

Looking ahead, we have two important events coming up. First, our SEN Review Evening is on the horizon, and next week, we'll be hosting the Year 7 Meet the Tutor evening. Please remember to book your appointments with tutors via School Cloud if you haven't done so already. This evening is a wonderful opportunity to establish a strong connection between home and school, and to discuss how our new Year 7 students are settling into school life.

This week we have some useful information about the Steve Willis Training Centres Apprenticeship Open Day for those interested in vocational pathways. You will also see in our safeguarding guide, we're focusing on social media influencers and what parents need to know about their impact on young people.

Take care and stay safe,

Team Trafalgar



Key Dates

Autumn 2024

Thursday 26th September - SEN Review Event - 3-5pm

Thursday 26th September - Year 7 Meet the Tutor Evening - 5-7:30pm

Thursday 3rd October - Activities Week 2025 Launch Event

Thursday 10th October - Open Evening - 6-8pm

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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A Successful Preparing for Year 11 Curriculum Evening

Yesterday we were delighted to host our Preparing for Year 11 Curriculum Evening, a key event designed to help both students and parents navigate the important year ahead. With the hall filled with eager students and their families, the evening provided crucial insights into what to expect from this pivotal stage in their education.

The evening began with an informative presentation outlining the key milestones of Year 11, from coursework deadlines and mock exams to final GCSE assessments.

Staff members provided a detailed overview of the curriculum and the support available to help students achieve their full potential. Parents gained a deeper understanding of how they can support their children at home during what can be a challenging yet rewarding year.

A standout feature of the event was the opportunity for students and parents to meet with representatives from a variety of local colleges and career advisors. These professionals offered invaluable guidance on post-16 education pathways, from A-levels and vocational qualifications to apprenticeships. For many students, this was an eye-opening opportunity to explore future options and to begin considering their next steps beyond secondary school.



In addition to academic guidance, we were pleased to offer practical advice on managing stress, staying organised, and balancing revision with other commitments. Our staff emphasised the importance of student well-being during this crucial year, highlighting the support systems in place both within school and externally.

The positive feedback from parents and students alike has reinforced just how important these events are in ensuring everyone feels well-prepared and informed. Many families commented on the value of having direct access to educators, colleges, and career experts all in one place, as it helped them feel more confident about the path ahead.



We want to thank everyone who attended and made the evening such a success. Year 11 is a transformative time, and we are committed to ensuring our students have the resources and guidance they need to thrive both academically and personally.

If you weren't able to attend or would like further information, please don't hesitate to reach out to the school. We look forward to continuing to work together to support our Year 11 students through this important year!

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ELECTRICAL, PLUMBING &
RENEWABLES TRAINING



APPRENTICESHIP OPEN DAYS

Meet the trainers, test your future

BURGESS HILL - SHEDDINGDEAN INDUSTRIAL ESTATE RH15 8QY

WEDNESDAY 30th OCTOBER - 4:00PM - 7:00PM

SATURDAY 23rd NOVEMBER - 9:00AM - 1:00PM

TUESDAY 18th FEBRUARY - 4:00PM - 7:00PM

PORTCHESTER - MURRILLS INDUSTRIAL ESTATE PO16 9RD

THURSDAY 31st OCTOBER 4:00PM - 7:00PM

SATURDAY 7th DECEMBER 9:00AM - 1:00PM

WEDNESDAY 19th FEBRUARY 4:00PM - 7:00PM



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Social media influencers are people who have established credibility in a specific industry and have the power to influence other people's decisions. Most commonly associated with YouTube and Instagram, 'influencers' will usually have a large number of followers and be viewed as authentic by their audience. It is for this reason that many influencers are often paid by big companies to promote their products in the hope of persuading their followers to purchase those goods.

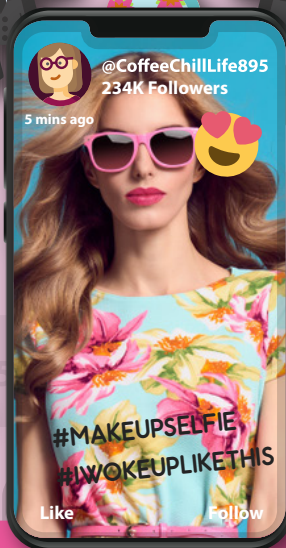
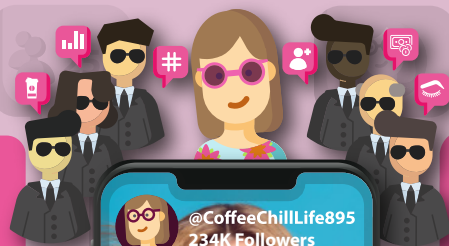


What parents need to know about SOCIAL PRESSURES LINKED TO 'INFLUENCERS'



AN UNREALISTIC PERCEPTION OF BODY IMAGE

Some of the most popular social media influencers often depict themselves as having the 'perfect body' and are paid to promote items such as health supplements or swimwear, which young people believe can help them achieve the same look. What is not always realised is that these images can be edited or filtered and aren't always a true-life representation. Your child may feel like this is what they need to look like and in some cases, become obsessed with their body image, which could contribute towards a lower self-esteem or even becoming depressed if they can't achieve the same look.



BECOMING UNREALISTIC ROLE MODELS

As children become more and more involved on social media and identify who their favourite people are to follow, they may come to see social media influencers as role models, particularly if they are attracted by the lifestyle they see online. This could lead them into developing potentially unrealistic expectations of life and in some cases, using their role models as an escape from reality, particularly if they feel like they're own life isn't very fulfilling.



ENCOURAGING BAD HABITS

Although many social media influencers will get paid to advertise brands and their products, they will also post their own material online too, usually depicting their daily life or an activity for example. This may have both desirable and undesirable consequences, with influencers able to inspire both good habits, such as healthy eating, exercise or kindness. However it may also encourage children to adopt bad habits, such as drinking, smoking, swearing or even criminal behaviour, particularly if these are seen to be endorsed by the influencer.



THE NEED TO HAVE EVERYTHING

Many social media influencers will take photos or videos of themselves wearing the latest fashion or jewellery which companies want them to promote. They may also be provided with the latest gadgets to promote or, if they are children, toys to play with in order to persuade their followers to purchase them. Many children will be keen to buy these items in order to keep up with the latest trends however if they get left behind, they could be made to feel inadequate or inferior by other children who do have them.



AUTHENTICITY OF ENDORSEMENTS

Social media influencers hold a lot of persuasion with their audience and are often looked up to by younger followers. Many children will see them as credible, authentic and trust what they see online. However, some influencers may not always believe in the product they are promoting and therefore can mislead their followers, abusing their level of confidence in them. Your child may therefore find themselves looking up to people who are disingenuous or who feign interest in activities that they themselves do not actually care about.



Safety Tips For Parents



FOLLOW WHO THEY FOLLOW

A good way to see first-hand who may be influencing your child is to create your own social media account and follow the same people they do. This will give you a strong indication of what is shaping how your child behaves, what they like and what they are taking an interest in.



TALK ABOUT ROLE MODELS

Role models can play an important part of your child's life, particularly outside of the home. Talk to your child about who they look up to and why. Remind them that not everybody online is who they seem to be and if you do have concerns that your child is being negatively influenced, work with them in finding more positive alternatives.

BUILD THEIR SELF-ESTEEM

It's important that your child is aware of how unrealistic perceptions of life can be depicted on social media and that it is easy to be deceived. Discuss with your child how images can be heavily edited, cropped or manipulated to create artificial scenarios and that often the lifestyle that people display on social media isn't always realistic or in fact the truth.



DISCUSS REALISTIC VS UNREALISTIC EXPECTATIONS

If you notice your child has suddenly taken a strong interest in the way they look, or you find they are a lot more body conscious, then it's a good idea to speak to them about why they feel that way. If they seem unhappy, try to build their self-esteem by talking to them and listening to their concerns, helping to build their confidence through praise and positivity. Remind them that looks aren't everything and not everything they see online is actually a true depiction of real life.



ENCOURAGE INDEPENDENT THINKING

Social media influencers can be quite powerful individuals who hold a lot of persuasive power so it's important to encourage your child to think independently about everything they see and engage with online. Talk to them about the dangers of blindly following others and in keeping an open mind when viewing content. Teach them to always question people's motives online, especially when they see individuals are promoting a brand or product which they are likely to have been paid to advertise but may not necessarily personally endorse.



Meet our expert

Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.



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