

Parent Bulletin

18th October 2024

We're excited to share with you the latest updates as we near the end of this half term! Year 11 students can look forward to a series of valuable revision skills workshops, aimed at helping them prepare for their upcoming exams. You'll find more details about these workshops inside this bulletin.

Additionally, don't miss out on information about our PE club offer for the next half term, with a range of activities designed to keep students active and engaged. We're also thrilled to announce the latest results from our girls' and boys' football teams, who have been performing brilliantly in local competitions.

For those interested in our upcoming ski trip to Andorra during the Easter holidays in 2026, a quick reminder that the deadline to book is fast approaching. This exciting opportunity is open to students currently in Years 7, 8, and 9, and we encourage you to secure your place soon!

It's been a fantastic half term so far, with everyone working hard and making great progress. With just one week to go until the break, let's keep up the momentum and finish strong!

Stay safe and take care,

Team Trafalgar



Key Dates

Autumn 2024

Monday 28th October - Friday 1st November - Half Term

Thursday 7th November - Presentation Evening 5:30pm - 7:00pm
(invite only)

Thursday 21st November - Year 9 Parents' Evening (virtual)

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 Department Update: A Fantastic Start to the Year!

The first half of the school year has been an action-packed one for the PE department. We've had a brilliant start to our clubs, with excellent participation in both after-school and lunchtime sessions. From football to basketball, trampolining to netball, our students have been enthusiastic and committed across the board.

Here's a roundup of what's been happening and what's coming up in the world of PE at Trafalgar School.

Club Schedule for Next Half Term

Day	Lunchtime – 12:50–13:20	After School – 3–4pm
Monday	Basketball (Gym 1) KNO	Girls' Football (Gym 2) EPO Year 8 Boys' Football (Field) CFU
Tuesday	Girls' Basketball (Gym 2) EPO	Netball (Astro) LNE Year 9, 10 & 11 Boys' Football (Field) SDS Trampolining (Gym) DST
Wednesday	Year 7 Boys' Football (Field) SLL	
Thursday	Basketball (Gym) SDS	
Friday	Basketball (Gym 1) KNO	Year 10 & 11 HSC/CD/SS/GCSE Enrichment (<i>Invite Only</i>)

Don't forget to follow us on Instagram @Trafalgarschpe for regular updates and highlights!

PE Kit Reminder

A quick reminder to all students and parents that it's essential for students to bring their PE kit to every lesson, even if they are injured and unable to participate physically. Students will still be included in lessons as umpires, coaches, referees, or scorers. For safety reasons, we also ask that all students remove jewellery during PE sessions.

Sports Highlights

KS3 Girls' Football

Our KS3 girls played an impressive league match against ALNS, securing a 3-1 victory! Their teamwork and determination were evident throughout the game. A special thanks to Year 10 student and Britannia Sports Captain, Petal, for her incredible support in coaching the girls both during matches and training sessions. Petal is an inspirational role model, having represented the school on numerous occasions as both a player and a sports leader.

With almost 30 girls now attending football club regularly, it's clear we're building something special. If you're interested in joining, come along on Mondays after school from 3–4pm, regardless of experience!



Year 7 Boys' Football

Year 7 boys' football has had a fantastic start, with over 40 students attending training after school. The team recently played their first match away at Kings' School in Winchester. Although they didn't secure a win, the boys demonstrated incredible passion and determination, especially considering it was their first time playing together.

League games will kick off after half term, along with the next round of the Portsmouth Cup. Exciting times ahead for our Year 7 boys!



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Year 8 Boys' Football – Hampshire Cup

Our Year 8 boys recently took on Cams Hill in the first round of the Hampshire County Cup. After a tough match, the game ended in a nail-biting penalty shootout, which unfortunately saw Cams emerge as 7-6 victors. Despite the loss, our boys can hold their heads high—showing immense resilience and sportsmanship throughout. A fantastic team effort, and we are incredibly proud of them!

Sports Leader Programme

We are thrilled to report that over 50 students have applied for our Sports Leader programme—a record number! These students will help run PE clubs, fixtures, and work with local primary and SEN schools. Interviews will be conducted before half term, where applicants will be assessed on their ability to work in teams, lead others, and support their peers. We are excited to see such enthusiasm for this initiative.



We look forward to more exciting PE activities after the half term break. Stay active and stay involved—there's plenty to look forward to at Trafalgar School!

Year 11 Revision Skills Workshop – Elevate Education

We are excited to announce that Year 11 students will be participating in an Elevate Education workshop on **Wednesday 23rd October**. This workshop, titled **Memory Mnemonics**, will focus on effective revision strategies, specifically designed to help students understand how the brain retains and recalls information. With their upcoming mock exams approaching, this session will provide invaluable tools to boost their revision techniques and help them feel confident in their studies.

For more details about Elevate Education's approach and programs, feel free to visit [Elevate Education](https://www.elevateeducation.com).

Parent Workshops – Elevate Education

In addition to the student sessions, we are pleased to inform you that we have signed up for Elevate Education's online workshops for parents. These sessions provide guidance on how to best support your child during exam preparations. We highly encourage you to take advantage of these resources. More information on the parent workshops can be located on the next page.

Thank you for your continued support as we work together to prepare our students for success!



Elevate Education's Autumn 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 Get (And Keep!) Your Child Motivated

17th September 6:00pm

How You Can Help Your Child Manage Their Time

1st October 6:00pm

How You Can Help Your Child Set Up for Success in Exams

15th October 6:00pm

How You Can Help Improve Your Child's Memory

19th November 6:00pm

How You Can Build Resilience in Your Child

3rd December 6:00pm

How You Can Help Your Child Alleviate Stress

17th December 6:00pm

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



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Social media has its benefits for connecting with friends, sharing experiences and widening their understanding of broader issues beyond their local community. The challenge with connecting and sharing experiences via social media is that these shared experiences are often via images. Wanting to fit in and caring about their physical appearance is a perfectly normal part of adolescence. However, with the easy access of image changing software and filters, this physical appearance is often not the reality, further increasing the pressure for young people to gain or portray unreal perceptions.



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



ONLINE APPEARANCE AND MENTAL HEALTH

The opportunity to change physical appearance through social media apps is creating a high level of perfectionism for children to portray themselves faultless and compare themselves to images which are sometimes unreal. This can lead to anxiety, depression and poor self-image and an overall sense of never feeling good enough. Having poor self-image can affect the way that your child interacts with others and how we care for ourselves.

AIRBRUSHING

Refers to the retouching done to an image that changes the reality of the photo. It may include removing people, objects, altering body shapes or erasing blemishes like acne or scars. The digital technology to enable airbrushing is now widely and easily available for desktop computers and social media apps. It is sometimes known as 'Photoshop'.



FILTERS

Filters applied to manipulate a photograph are another way of creating a delusion of what is real. Software within social media apps reconfigure your face and skin to look more aesthetically pleasing. As innocent and fun as these filters may seem, they are sending a message that we are more attractive when our features are modified.



APPS WHICH CHANGE APPEARANCE

These relate to free downloadable apps or options within social media apps which create a fun and easy way to alter your appearance. They are designed to be fun and can become addictive because once an altered image is used, it is very difficult to revert back to an unaltered version of themselves.



MULTIPLE PHOTOS FOR THE PERFECT IMAGE

Taking multiple shots to capture the perfect image to put onto social media is another way of disguising reality. Creating an image which receives approval from peers through multiple comments and likes exacerbates the desire for a perfect picture and the approval for continuing to achieve the perfect image.



Safety Tips For Parents



QUESTIONS TO CONSIDER BEFORE TALKING TO YOUR CHILD

- Do most of their social media photos have a filter/image changing app on them?
- Do they often talk about wanting to gain comments and 'likes'?
- How often do they talk about their physical image in a negative way?
- Are they excessively anxious about their physical appearance, to the point it impacts on their every day life?

If you have answered yes to most of these questions, then it would be a good idea to have a discussion about their use of image altering app's.

DON'T GO COLD TURKEY

Talk with your child about taking one unfiltered image of themselves and sharing it with family first and then posting on social media. Perhaps ask other members of the family to send or post on social media unaltered pictures of themselves.



BE COMPLIMENTARY

Whilst improving body image starts with the child's image of themselves, complimenting them daily on their personality and qualities will provide external, positive encouragement about themselves, away from just their physical appearance.



DAILY APPRECIATION

When we have the sense that we are not good enough, we can feel like we are always falling short. You and your child together might want to create a gratitude journal, board with post-it's or wipe board where you write down things that you are grateful for or appreciate. This could range from the weather to a kind deed or to a piece of work that went well.

CHANGE THE STORY

We all have a narrative or a story we've created about ourselves that shapes our core self-image. Sometimes automatic negative thoughts like 'you're fat' or 'you're ugly' can be repeated in your mind so often that you start to believe they are true. These thoughts are learned, which means they can be unlearned. You can start with helping your child reframe the story into a more positive assertion or story. This will link to complementing and daily appreciation.



WHEN TO GET HELP

If your child becomes overly despondent, withdrawn or there is a change in behaviour over a prolonged period of time, they may need some professional support to help them. <https://www.bacp.co.uk/search/Therapists> <https://www.themix.org.uk/> is good organisation as a source of support if your child wants to reach out for support themselves



Meet our expert

Anna Bateman is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



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