

Trafalgar Newsletter

3rd February 2023

Welcome to this week's Parent Bulletin!

Over the year here at Trafalgar we have an awareness theme for each month and February's focus is Online Wellbeing. Young people today are growing up in a world with new technologies emerging all the time; new apps and games, often with limited guidance.

Across this month we will be focusing on a number of ways we can all help students navigate the digital world, but in this edition we have provided some guidance from the UK Safer Internet Centre ahead of Safer Internet Day next week. During this month we will be looking at online safety and wellbeing in our assemblies and community circles, along with posting helpful tips and guidance on our social media channels.

Next week we have our "Live Well Trafalgar" event, taking place on Tuesday from 3-6pm. This is looking to be a fantastic event, open to all of our Trafalgar community; parents, students and staff alike. Accessing advice relating to household bills, physical and mental health, well-being services and the cost of living can be difficult, so we have arranged to bring a range of services to you. This event is free for every member of our Trafalgar community and you will have the opportunity to receive support or advice for any member of your household. No appointments are necessary and no question is too big or small.

Take care and stay safe,

Team Trafalgar

Community Circles Update

This week in Friday checkout community circles, we were answering the question "what is the biggest risk you've ever taken?".



This was an interesting question, and some students were initially a bit reluctant to answer. These kinds of conversations are ones we openly encourage in order to discuss the implications/impact our choices might have. It's especially relevant in light of our upcoming PD day which focuses on child-on-child abuse, and risky behaviours often associated around this.

Having these non-judgemental conversations can really help us to signpost our students to any help and support they might need from us, or from home, as well as challenging their thinking and encouraging self-reflection. How do you think your child answered? #teamtrafalgar #joinin

Key Dates

Tuesday 7th Feb - Live Well Trafalgar - 3-6pm

Thursday 9th Feb - PD Day 3

Mon 13th - Fri 17th Feb - Half Term

Thursday 23rd Feb - Year 8 Parents Evening
(virtual)

Mobile Phones in School

Please remember that students are not allowed to use their mobile phone in school for safeguarding reasons. Whilst we understand that students use their mobile phones to communicate safe arrival at school etc, please remind your child that on arrival to school, mobile phones should be turned off or on silent.



@TrafalgarSch

trafalgarschool.org.uk

RP Ambassadors

Recently our RP (Relational Practice) Ambassadors received their badges in a special presentation ceremony. These students will be receiving training across the year to help them foster the relational nature of our ethos here at Trafalgar.



The aim of this is to help students demonstrate and live the relational practices themselves, taking ownership of helping to build a stronger community amongst the students.

We have over 80 RP ambassadors this year, an increase of around 300% on our numbers for last year and this is an encouraging sign of the students' commitment to fostering positive relational practice amongst their peers.

We can't wait to see what they do across the year and how our community bond deepens as the weeks progress.



Safer Internet Day 2023 - Want to talk about it? Making space for conversations about life online

Advice for parents and carers (article from UK Safer Internet Centre)

Safer Internet Day is a great opportunity to focus on online safety with your child, whatever their age. We have created a range of pages to help you start a conversation with your child, whatever that may be about and no matter how much time you have.

Safer Internet Day 2023 is celebrated on 7th February 2023, with thousands of people across the UK working together to champion youth voice and engage in conversations about how we can all work together to make the internet a great and safe place.



Help and advice for you as a parent or carer

About Safer Internet Day 2023

[Read more about the theme of the day.](#)

Practical tips for starting a conversation about life online

[Advice and tips about how to start a conversation about the things your child is doing and seeing online.](#)

How to talk about difficult topics

[Advice about how to talk about some of the more difficult or challenging things that may happen online.](#)

My child has said something worrying – what do I do?

[If your child mentions something in a conversation with you that you find worrying there are steps you can take. This page gives more information about what you can do.](#)

What do I do if something goes wrong?

Sometimes things do go wrong online, but there are always steps you can take to help support your child and get help. [This page looks at what you can do if something does go wrong for your child online.](#)

How to make a report

[Information to help you if you need to make a report on a app or site.](#)

Getting your child involved in online safety

[Resources that can help you engage your children in online safety education, no matter their age.](#)

Find out more about specific issues

[If you want more information about specific online safety issues there are a range of places you can go.](#)

Snapchat



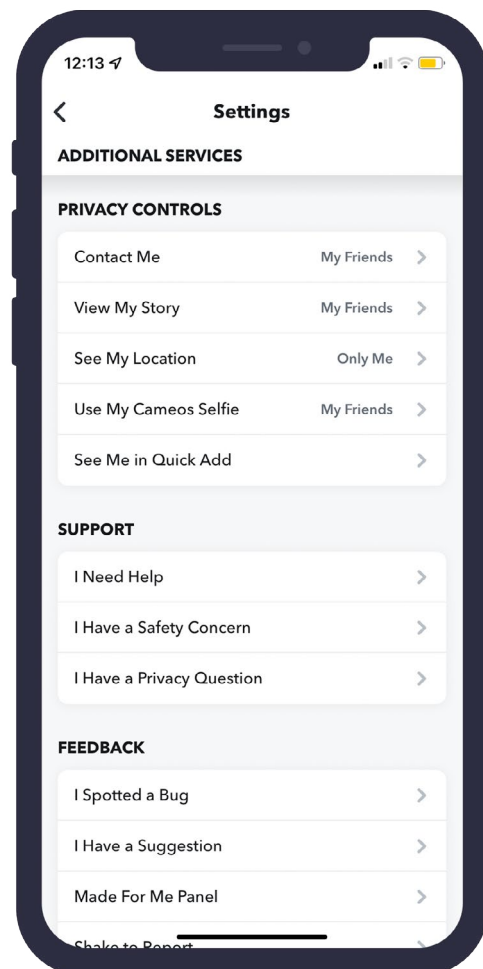
Snapchat is a social media platform used to share photos, messages and short videos. Users can configure how long their friends can see the images and videos they share. Content can be customised with filters, text and stickers. If the content is sent directly, it will disappear after it is viewed. Alternatively, if a user uploads content to their Story it will remain visible for 24 hours.

Stay safe on Snapchat using the instructions on **Privacy, Blocking & Reporting** below.

Privacy

Activate Ghost Mode on your Snapchat account:

- Open the app and tap on in the bottom navigation bar.
- Tap on in the top right corner.
- Swipe right on **Ghost Mode**. This is **Ghost Mode** now activated.



Block

Block a user using these simple instructions:

- Swipe left once you open the app.
- Select the contact you want to block and the tap **⋮**
- Tap **Manage Friendship** and then **Block**.

Report

Report a user using these simple instructions:

- Swipe left once you open the app.
- Select on the contact you want to report and then tap **⋮**
- Tap **Manage Friendship** and then **Report**.



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LIVE WELL Trafalgar



HEALTH AND MONEY ADVICE

Drop in for school parents/carers and staff in partnership with Portsmouth City council

Tuesday 7 February, 3pm-6pm

Trafalgar School, London Road,
Hilsea, PO2 9RJ

#community
#teamtrafalgar

