

Trafalgar Newsletter

10th March 2023

Welcome to this week's Parent Bulletin!

Well done to our Year 11 students who have completed their first week of mock exams. They have represented themselves brilliantly and their confidence is building ahead of the real exams commencing in May 2023. The timetable for the second week of mock exams can be found inside, on our website or on social media.

Please remember that Year 9 Options Evening is running on Tuesday 14th March in our Main Hall between 6-7.30pm. This event for parents and students will be an opportunity to learn about the process and talk to curriculum leaders, along with local colleges. (Full details have been sent via Class Charts.) Our options booklet and Year 9 options page on our website will be shared on the 14th also.

In this edition we have some updates from our PE Department and community circles, along with a helpful guide on group chats, the risks with them and how to help keep your child safe in those virtual spaces.

Take care and stay safe,

Team Trafalgar

Hot Chocolate with the Head

This week's Hot Chocolate with the Head goes to Kelsie!

Kelsie is an exceptional student and has an incredible 97% attendance so far this academic year! Not only this, but she has accumulated an astounding 704 praise points! Though she is Britannia blue through and through, her Class Charts is nothing but green.

Aside her amazing academic achievements, Kelsie is simply a positive, happy, hardworking and friendly young lady and we are proud to have her in Team Britannia.

Well done, Kelsie!



Key Dates

Tuesday 14th Mar - Year 9 Options Evening

Monday 20th Mar - INSET Day

Tues 21st Mar - Thurs 30th Mar - Year 9 RAP Meetings (onsite)

Wednesday 22nd Mar - PD Day 4

Thursday 30th Mar - Year 10 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.



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Community Circles



This week in our Monday community circles, we asked our students and staff to name an inspirational female role model. This fits in with the fact it was International Women's Day on Wednesday, and our assembly this week reflected this.



Predictably, quite a few students said it was their Mum, whilst others went for famous women both in the past and present day. I said Michelle Obama; what do you think your child said and who would you choose?

#joinin #IWD #embraceequity #teamtrafalgar

Year 11 Mock Exam Timetable

A massive well done to our Year 11 students for their approach to their mock exams this week!

They have all approached these with great maturity and represented themselves well.

The timetable for their final week of mock exams is as follows:

| Year 11 Mock Timetable WB 13 th March (Timetable Week 1) | | | | | | |
|---|--|----------|--|----------|--|----------|
| | Period 1 | Period 2 | Period 3 | Period 4 | Period 5 | Period 6 |
| Monday 13 th March | Computer Science Paper 1 90mins | | | | Maths Paper 3 90mins | |
| | Religious Studies 105mins | | | | | |
| Tuesday 14 th March | Sociology Paper 2 105mins | | Spanish Listening P3 Foundation – 35 mins (43 ET) P4 Higher – 45 mins (56 ET) Food Prep & Nutrition CATCH-UP 90 mins | | English Literature – A Christmas Carol 45mins | |
| | Food Prep & Nutrition 90mins | | | | | |
| Wednesday 15 th March | Science – Physics 70mins | | French Writing Higher – 75mins Foundation – 60mins | | Computer Science Paper 2 90mins | |
| Thursday 16 th March | History – USA & Crime and Punishment 120mins | | French Listening P3 Higher - 45mins P4 Foundation - 35 mins (43 ET) | | GCSE PE Paper 2 75mins | |
| | | | | | Spanish Writing Higher – 75mins Foundation – 60mins | |
| Friday 17 th March | Business Paper 2 90mins | | | | Geography Paper 2 - Human 90mins | |

PE Department Update

Year 11 BTec Sport Exam

This takes place on the 29th March.

There are weekly interventions sessions after school to catch up on work or revision tips. Please see Mr Stokes for more information.

PE kit Update

A reminder that PE kit is required for all practical lessons whether students are unable to take part practically or not. This will enable students to be included within the lessons in alternative ways, through coaching and officiating. If, on the occasion the students forget their PE kit, we have clean, spare kits that students can borrow if required. If students do not participate in PE, will communicate through messages on Class Charts to let you know. [Please see here for the expectations of PE kit.](#)

Trampolining Competition

On Thursday 23rd March, Trafalgar will be hosting a Trampolining Competition. Students from Havant Academy, Horndean Technology College and The Petersfield School will be attending, too! The competition is split into two categories: Beginner and Advanced. The students will then perform a 10-bounce routine from the skills in those categories. This is a really exciting opportunity and we are really looking forward to watching their routines. Parents of those students participating are welcome to spectate.



Upcoming Rugby Competitions

We are excited to be taking part in some central venue rugby tournaments again being held at Springfield School in the upcoming weeks. Students will be playing full contact rugby union against a host of other schools from the local area, which will be a great opportunity to demonstrate all of the new skills they have been learning in their PE lessons and in our extra-curricular rugby club.

If you play rugby or are interested in taking part, please come along to our rugby club after school on Mondays, or speak with Mr Stokes.

Year 8 - Thursday 9th March

Year 9 - Thursday 23rd March

Year 7 - Thursday 30th March

Upcoming Netball Competitions

We are really excited to be hosting the citywide Year 9 netball tournament next Monday 13th March. We have a fantastic team entered who will be competing against a range of other schools. Good luck to them!

The Year 7 tournament will follow on Monday 27th March, hosted at Milton Cross School. Please be reminded that netball training is on a Monday after school. This will still go ahead despite the fixtures, and it would be great to have new members.

Girls Basketball

Girls basketball is every Thursday. We look forward to seeing you there, taking part in lots of games. Any new faces are very welcome and you can bring along as many friends as you like!

Girls Football

Our under 13 Girls football team travelled to Springfield for an away fixture on 23rd February. Our girls played some good football and are beginning to move the ball around and keep possession for long spells. Unfortunately, our girls lost the game but can hold their heads up high as they flew the flag for Trafalgar with pride.

There are more fixtures to come for KS3 and KS4 girls teams, so watch this space!

Girls football training is on Mondays after school. Please come along if you are interested in playing for the school team or if you just want to get a bit of exercise and meet some new people.

#upthetrafalgar

Year 7 Boys Football

Our Year 7 team are still top of the league with a top of the table clash against Mayfield coming up. Trafalgar have 12pts and a goal difference of 17 goals!

Our boys played in the quarter finals of the Hampshire cup against Kings School. It was a thrilling game that ended in a draw after extra time. That meant the dreaded penalty shoot out. I needn't have worried, however, as our boys took four fantastic penalties and our super keeper saved two! That means our lads are through to the semi final of the Hampshire cup.

Our Year 7 football squad travelled to Springfield for the semi final of the Portsmouth Schools cup. It was a tough game for our boys and they started off on the back foot. They slowly got back in the game but a late corner was fumbled over the line to end the game 4-3 to Springfield.

I am extremely proud of our lads and wish them luck in the semi final of the Hampshire cup.

#upthetrafalgar

Top Attenders to Extracurricular

Year 7

1. Chloe W
2. Eva N
3. Ayliiah Rose G, Alisha R, Dinia G

Year 8

1. Ed B
2. Connie H
3. Petal C

Year 9, 10 & 11

1. Matilda B and Jess S
2. Poppy Anne F and Layla L-W
3. Tayla B-C and Isaiyarasy T



At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about GROUP CHATS

56

64

Occurring through messaging apps, on social media and in online games, group chats are among the most popular ways that young people engage with their peers online. Involving, by definition, three or more individuals, these groups allow users to send messages, images and videos to everyone in one place. While they are useful for helping friends, people with shared interests or members of a club to communicate and coordinate activities, they can also leave young people feeling excluded and bullied – as well as providing opportunities for inappropriate content to be shared and viewed.

WHAT ARE THE RISKS?

BULLYING

Unkind comments or images which are purposely aimed at an individual can be shared freely in a group chat – allowing and often encouraging others to join in the bullying behaviour. If this content is shared in a group of their peers (especially a larger group), it serves to amplify the hurt, embarrassment, anxiety and isolation that the victim feels.

EXCLUSION AND ISOLATION

This common issue with group chats can happen in several ways: starting a new group, for instance, but deliberately excluding a certain child. Likewise, the chat may take place on an app which one child doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss or share images from an event that everyone else but them attended.

INAPPROPRIATE CONTENT

Some discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by your child if they are part of that group, whether they actively engage in it or not. Some chat apps have a disappearing message function, so your child may be unable to report something they've seen because it can only be viewed once or for a short time.

SHARING GROUP CONTENT

It's important to remember that – while the content of the chat is private between those in the group – individual users can easily share a message, photo or video with others outside of the group or screenshot what's been posted. The risk of something your child intended as private becoming public (and potentially going viral) is higher if there are people they don't know well in the group.

UNKNOWN MEMBERS

Within larger group chats, it's more likely your child will be communicating with people they don't really know. These strangers may be friends of the host, but not necessarily friendly toward your child. It's wise for young people not to share personal details and stay aware that they have no control over the messages and images they share after they've put them online.

NOTIFICATIONS AND FOMO

A drawback of large group chats is the sheer number of notifications. Every time someone in the group messages, your child's device will be 'pinged' with an alert: potentially, this could mean hundreds of notifications a day. Not only is this highly distracting, but young people's fear of missing out on the latest conversation results in increased screen time as they try to keep up with the chat.

Advice for Parents & Carers

CONSIDER OTHERS' FEELINGS

Group chats are often an arena for young people to gain social status. This could cause them to do or say things on impulse, which could upset others in the group. Encourage your child to consider how other people might feel if they engaged in this behaviour. If your child does upset a member of their group chat, support them to reach out, show empathy and apologise for their mistake.

BE SUPPORTIVE, NOT JUDGEMENT

Remind your child that they can confide in you if they feel bullied or excluded in a group chat, instead of responding to the person who's upset them. Validate their hurt feelings and help to put them back in control by discussing how they'd like to handle the situation. On a related note, you could also empower your child to speak up if they're in a chat where others are being picked on.

BLOCK, REPORT AND LEAVE

If your child is in a chat where inappropriate content is being shared, advise them to block the users sending the material, report them to the host app or platform and exit the group. If any of this content could be putting a minor at risk, contact the police. Emphasise to your child that it's OK for them to simply leave any group chat that they don't feel comfortable being a part of.

PRACTISE SAFE SHARING

In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Discuss the importance of not revealing identifiable details like their address, their school or photos that they wouldn't like to be seen widely. Remind them that once something is shared in a group, they lose control of where it may end up and how it might be used.

AVOID INVITING STRANGERS

Sadly, many individuals online hide their true identity to gain a child's trust – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Ensure your child understands why they shouldn't add people they don't know to a group chat – and, especially, to never accept a group chat invitation from a stranger.

SILENCE NOTIFICATIONS

Having a phone or tablet bombarded with notifications from a group chat can be a massive irritation and distraction – especially if it's happening late in the evening. Explain to your child that they can still be part of the group chat, but that it would be healthier for them to turn off or mute the notifications and catch up with the conversation at a time which better suits them.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.

74

117

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