

# Trafalgar Newsletter

17<sup>th</sup> March 2023

Welcome to this week's Parent Bulletin!

A big well done to our Year 11 students who have completed their final set of mock exams. They have represented themselves brilliantly over this past fortnight and now comes the final push until the real exams commence in May.

Thank you to everyone who attended our Year 9 Options Evening this week. It was a great opportunity to learn about the process and talk to curriculum leaders, along with local colleges. Our options booklet and Year 9 options page on our website can be found [here](#).

At Trafalgar School, we value your input and would be grateful for your feedback as we begin to plan our priorities for the next academic year. Please [click here](#) to fill out our survey and have your voice heard!

In this edition we have some updates from our Science Department as we mark the end of British Science Week, along with a helpful guide on snapchat, the risks involved and how to help keep your child safe on the app.

Take care and stay safe,

**Team Trafalgar**

## Hot Chocolate with the Head

This week's Hot Chocolate with the Head goes to our 'Dance Live!' team for representing Trafalgar School superbly in the annual competition that takes place at Portsmouth Guildhall.

They brought back with them the award for Creative Concept and the Judges Technical Award.

The dedication and skill displayed by the whole group was exceptional and has done the whole school proud.

Well done girls!



### Key Dates

**Monday 20<sup>th</sup> March** - INSET Day

**Tues 21<sup>st</sup> March - Thurs 30<sup>th</sup> March** - Year 9 RAP Meetings (onsite)

**Wednesday 22<sup>nd</sup> March** - PD Day 4

**Thursday 30<sup>th</sup> March** - 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.



@TrafalgarSch

trafalgarschool.org.uk

## Cross Country Stars

Jess represented Team Trafalgar at her 2nd race of a 3 series cross country race. So far, she has come 3rd place, which is an amazing achievement, and we are so proud of her. Good luck Jess, in your last race!

In addition, Jess and Oren, who both compete in cross country and athletics, were selected to represent Hampshire at the inter-counties school cross country, which again is an incredible achievement which they have both worked exceptionally hard to do.

Well done both, we are really proud of you!

#sportssuperstars #aspiration #teamtrafalgar



## 'Your Brain Explained' - Interactive Theatre Workshop

Thank you to the team from 'Theatre for Life' for coming to deliver their excellent workshop earlier this week.

'Your Brain Explained' included a presentation from neuroscientists at Southampton University, an interactive performance stepping into 'Charlie's Brain', mindfulness workshop and even an escape room!

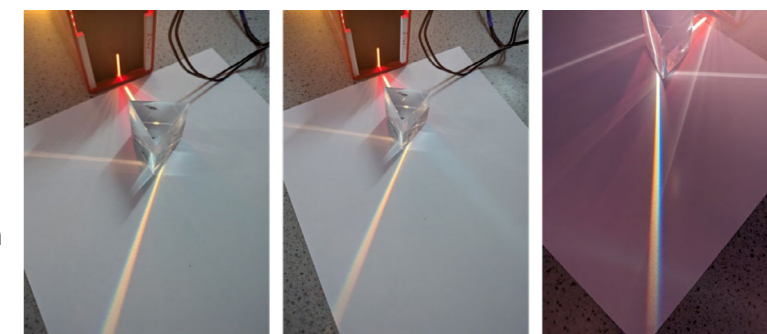
It was a great experience for our students and they came away with a stronger awareness of positive brain health and what they can do to potentially decrease the risk of non genetic alzheimer's by 40%!



## Science Department Update

### Year 7

As we celebrate British Science Week, we say well done to our Year 7 pupils who continued their science education and are learning about electricity, circuits, energy transfers and light! This has involved building various circuits, measuring volts and amps as well as trying to bend and separate (disperse) light! As we finish these topics, Year 7 need to remember that their physics assessments will be starting soon, so be prepared for revision!



Home Learning for Year 7 is set weekly via an online platform called Educake on Classcharts. This platform is tailored to each class and reinforces the key concepts being taught in each lesson. Educake can be accessed by any device and pupils should ensure that they are able to access it with their username and password, both of which can be provided by their science teacher.



### Year 8

Our Year 8 pupils continued their physics education, learning all about electricity, energy transfers, and light! Here our Year 8 pupils have enjoyed bending and separating light, magnets and static electricity, as well as understanding the difference between series and parallel circuits! As we complete our physics unit, Year 8 pupils need to start to think about their upcoming physics assessments and their revision!

Home Learning for Year 8 is set weekly via an online platform called Educake on Classcharts. Year 8 pupils should be familiar with this online platform and remains tailored to each class and reinforces the key concepts being taught in each lesson. Educake can be accessed by

any device and pupils should ensure that they are able to access it with their username and password, both of which can be provided by their science teacher.

### Year 9

Our Year 9 pupils have now had their landmark assessments returned to them and we congratulate them on such a great effort on each of their papers! Having completed the fundamental topics for each science, our Year 9 pupils have moved into their key stage 4 topics: learning about cell division (mitosis) as well as chemistry separation techniques. They have smashed these topics; cloning cauliflowers, extracting salt from rocks, and finding out which dyes are present in their pens!

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being taught in each lesson. Educake can be accessed by any device and pupils should ensure that they are able to access it with their username and password, both of which can be provided by their science teacher. Alongside this platform, revision materials and mock Exam questions are also regularly handed out, uploaded on Classcharts and mirrored in their Google Classrooms.

### Year 10

Our Year 10 students have now completed their second landmark assessments and have been given back their marked exam papers. As our Year 10 continue their science journey at Trafalgar they are now learning about fuels, combustion, pollution and the evolution of the Earth's atmosphere, alongside the circulatory system, how our heart works and gas exchange in animals and plants! All the while, we are all keeping a close eye on the approaching Year 11, in order to support our Year 10's throughout their science education to ensure they are ready to excel in their science GCSEs next year.

Home Learning for Year 10 is set weekly via an online platform called Educake on Classcharts. Year 10 pupils should be familiar with this online platform, and it remains tailored to each class and reinforces the key concepts being taught in each lesson. Educake can be accessed by any device and pupils should ensure that they are able to access it with their username and password, both of which can be provided by their science teacher. Alongside this platform, revision materials and mock Exam questions are set frequently, and uploaded on Classcharts and mirrored in their Google Classrooms.

### Year 11

Well done to our Year 11 pupils who have been completing their second round of mock exams this week, with their GCSEs clear on the horizon now! These marked papers will be returned to our Year 11 students as soon as possible allowing us to identify each and every gap in their knowledge, as well as celebrate their successes in their mocks. In classes, our Year 11's are now working through the key topics in paper 2 for each science. This includes gas exchange, hormones, the circulatory system, plant biology, and the development of the atom! Alongside this learning, our Year 11's are continuing core practicals and using this knowledge to answer practice exam questions. Year 11 science boosters are now underway after school on Mondays in certain PD lessons throughout the school week.

Home Learning for Year 11 is set weekly via an online platform called Educake on Classcharts. Year 11 pupils are familiar with this online platform and the work set remains tailored to each class and reinforces the key concepts being taught in each lesson. Educake can be accessed by any device and pupils should ensure that they are able to access it with their username and password, both of which can be provided by their science teacher. Alongside this platform, revision materials and mock Exam questions are also regularly uploaded on Classcharts and mirrored in their Google Classrooms.

10-19 March  
British  
Science  
Week  
2023



# What Parents & Carers Need to Know about SNAPCHAT

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 app of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

**AGE RESTRICTION 13+**

Snapshot is a photo- and video-sharing app which also allows users to chat with friends via text or audio. Users can share images and videos with specific friends, or through a 'story' (documenting the previous 24 hours) visible to their entire friend list. Snapchat usage rose during the pandemic, with many young people utilising it to connect with their peers. The app continues to develop features to engage an even larger audience and emulate current trends, rivalling platforms such as TikTok and Instagram.

#### CONNECTING WITH STRANGERS

Even if your child only connects on the app with people they know, they may still receive friend requests from strangers. Snapchat's links with apps such as Wink and Hoop have increased this possibility. Accepting a request means that children are then disclosing personal information through the Story, SnapMap and Spotlight features. This could allow predators to gain their trust for sinister purposes.

#### EXCESSIVE USE

There are many features that are attractive to users and keep them excited about the app. Snap streaks encourage users to send snaps daily, Spotlight Challenges give users the chance to obtain money and online fame, and the Spotlight feature's scroll of videos makes it easy for children to spend hours watching content.

#### INAPPROPRIATE CONTENT

Some videos and posts on Snapchat are not suitable for children. The hashtags used to group content are determined by the poster, so an innocent search term could still yield age-inappropriate results. The app's Discover function lets users swipe through snippets of news stories and trending articles that often include adult content. There is currently no way to turn off this feature.

#### SEXTING

Sexting continues to be a risk associated with Snapchat. The app's 'disappearing messages' feature makes it easy for young people (teens in particular) to share explicit images on impulse. While these pictures do disappear – and the sender is notified if it has been screenshot first – users have found alternative methods to save images, such as taking pictures with a separate device.

#### DAMAGE TO CONFIDENCE

Snapchat's filters and lenses are a popular way for users to enhance their 'selfie game'. Although many are designed to entertain or amuse, the 'beautify' filters on photos can set unrealistic body image expectations and create feelings of inadequacy. Comparing themselves unfavourably against other Snapchat users could threaten a child's confidence or sense of self-worth.

#### VISIBLE LOCATION

My Places lets users check in and search for popular spots nearby – such as restaurants, parks or shopping centres – and recommend them to their friends. The potential issue with a young person consistently checking into locations on Snapchat is that it allows other users in their friends list (even people they have only ever met online) to see where they currently are and where they regularly go.

## Advice for Parents & Carers

#### TURN OFF QUICK ADD

The Quick Add function helps people find each other on the app. This function works based on mutual friends or whether someone's number is in your child's contacts list. Explain to your child that this feature could potentially make their profile visible to strangers. We recommend that your child turns off Quick Add, which can be done in the settings (accessed via the cog icon).

#### CHOOSE GOOD CONNECTIONS

Snapchat has recently announced that it is rolling out a new safety feature: users will receive notifications reminding them of the importance of maintaining connections with people they actually know well, as opposed to strangers. This 'Friend Check Up' encourages users to delete connections with users they rarely communicate with, to maintain their online safety and privacy.

#### TALK ABOUT SEXTING

It may feel like an awkward conversation (and one that young people can be reluctant to have) but it is important to talk openly and non-judgementally about sexting. Discuss the legal implications of sending, receiving or sharing explicit images, as well as the possible emotional impact. Emphasise that your child should never feel pressured into sexting – and that if they receive unwanted explicit images, they should tell a trusted adult straight away.

#### CHAT ABOUT CONTENT

Talk to your child about what is and isn't wise to share on Snapchat (e.g. don't post explicit images or videos, or display identifiable details like their school uniform). Remind them that once something is online, the creator loses control over where it might end up – and who with. Additionally, Snapchat's 'Spotlight' feature has a #challenge like TikTok's: it's vital that your child understands the potentially harmful consequences of taking part in these challenges.

#### KEEP ACCOUNTS PRIVATE

Profiles are private by default, but children may make them public to gain more followers. Your child can send Snaps directly to friends, but Stories are visible to everyone they have added, unless they change the settings. If they use SnapMaps, their location is visible unless 'Ghost Mode' is enabled (again via settings). It's prudent to emphasise the importance of not adding people they don't know in real life. This is particularly important with the addition of My Places, which allows other Snapchatters to see the places your child regularly visits and checks in. Additionally, it's important to be cautious about Shared Stories as this allows people who are not on your contact list access to the post.

#### BE READY TO BLOCK AND REPORT

If a stranger does connect with your child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending explicit images to them, your child can select the three dots on that person's profile and choose report or block. There are options to state why they are reporting that user (annoying or malicious messages, spam, or masquerading as someone else, for example).

#### 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.

**National Online Safety**  
#WakeUpWednesday

Sources: Statista; Social media and young people's mental health | Life in Use - Children's Commissioners Report | <https://support.snapchat.com/en-US/https://www.bbc.com/news/technology-57111111> | <https://www.independent.co.uk/news/technology/articles/snapchat-studies-snap-maps-neuroscience-us-safety-commissioners-2021-young-people-and-sexting-attitudes-and-behaviour-research-findings-from-the-uk-us-and-australia>