

# Trafalgar Newsletter

31<sup>st</sup> March 2023

Welcome to the final Parent Bulletin of this term!

Thank you to everyone who attended our online parents evening for Year 10 last night. It was a well attended evening and a vital meeting to help maintain those relationships between school and home as students head towards Year 11.

There is a lot of useful information in this edition, including advice for Year 11 parents on how you can help your child handle the pressure of the upcoming exams. We also have details of an event for those interested in becoming a pilot, as well as photos from our Year 7 Easter Performance and our winners of Top Boy and Top Girl for this term, as revealed to students during our End of Term Celebration Assembly!

There are some intervention sessions running for our Year 11's over Easter and we will be posting reminders about those sessions the night before each one on our social media channels.

Take care, stay safe and have a rested Easter.

## Team Trafalgar

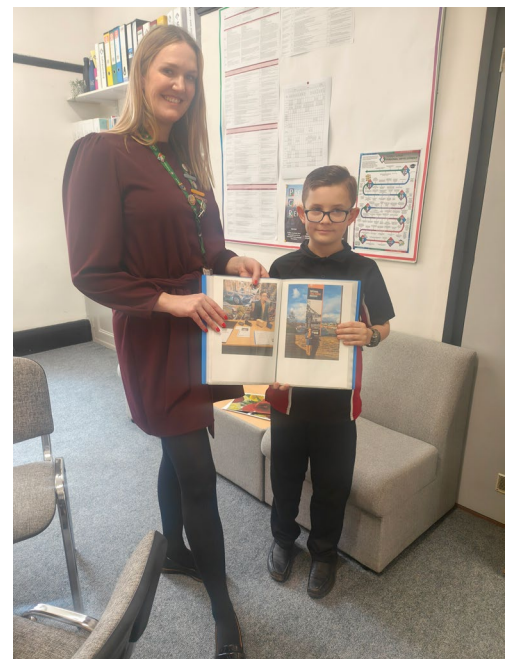
### Trafalgar Student wins National Young Engineers Award!

This is Spencer in Year 7, and he has won the National Young Engineers Award 2022.

He came to see Miss Pearse with a folder of his achievement, explaining how he won the award. Spencer designed and built a steam locomotive from scratch, researching the style of train he wanted to base this on. He has made a step-by-step record of the whole build: from the design, to building the chassis, the body and the wiring.

The person who came second place was 19 years old!

Miss Pearse was extremely impressed and pleased to congratulate Spencer in person.



### Key Dates

**Monday 17<sup>th</sup> April** - Students start back

**Friday 28<sup>th</sup> April** - INSET Day - school closed

**Monday 1<sup>st</sup> May** - Bank Holiday - school closed

**15<sup>th</sup> May - 26<sup>th</sup> May** - Year 10 Work Experience

**Monday 15<sup>th</sup> May** - GCSE Exam season begins

### 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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## Performing Arts Department Update

### Year 7 Easter Concert

On the 29<sup>th</sup> March, our Year 7 students took part in an Easter concert in our main hall. They performed a variety of songs and sketches for parents, carers and staff. The students did brilliantly and supported each other, embodying the core values of community and resilience. Well done to all who took part; you were amazing, and thank you to all the staff who made this event happen.



## Community Circles Update

This week in our community circles, our community builder question was:

**'If someone gave you £1 million, what would you do with it?'**

Of course, there were inevitable answers of buying expensive houses, holidays and other luxuries. This then led to some tutors questioning their tutees on whether they thought this win would lead to them being happy (deep, I know).

Quite often, initial questions lead to deeper discussion, which can result in differing opinions and (usually) some healthy debate. Of course, research shows that it is in fact positive relationships that can really lead to genuine happiness and even better health. We are a relational school, hence why we put positive relationships first. Of course, I wouldn't say no to £1 million though... how do you think your child/children answered? How would you answer?

#joinin #teamtrafalgar



## End of Term Awards

This has been a term full of challenges, but our fantastic community has risen to all of them brilliantly, embodying our core values and smashing expectations.

Here is a list of some of our students who have received awards in our end of term celebration, in recognition of their successes.



**Top Boy** is Jacob



**Top Girl** is Isaiyarasay

### HOH Star Students

**Temeraire:** Sheney P **Sovereign:** Nicole H

**Britannia:** Adam M **Victory:** Daniel E

Well done to every student who received an award! Have a great Easter break and we'll see you for the start of the summer term!

## Hot Chocolate with the Head!

This week's Hot Chocolate with the Head went to a group of Year 10 students who have improved their attendance over the past month. Setting them on a strong footing heading into the final term of Year 10 and their Year 11.

Well done Shilah, James, Marlee, Dexter, Lilly and Oakley!

#HCWTH #attendancematters



## RP Ambassador Update

This week our RP ambassadors had an exciting opportunity:

On Thursday, Mrs Argyle and Mrs Copeland took 7 of our students to an event run by the University of Portsmouth on RP in Education.

3 of our students presented with the Executive Headteacher, and all were involved in discussions surrounding how we can increase awareness around RP in the city.



## Careers Corner

Find out all the latest information about a career as a pilot to help inform your decisions. This is Europe's leading aviation careers event, offering a fantastic opportunity for those aspiring towards a professional pilot career.

Come and speak to leading flight training organisations, watch live seminars and interviews, and ask your questions in person.

Some of the subjects we will be covering:

- What are the job prospects?
- Combine pilot training with a university degree. Find out how.
- Fit to fly? Pilots medicals explained.
- Preferred academic topics... what are they?
- What are the salaries?



## WhatsApp



WhatsApp allows you to send messages, either one-on-one or in a group chat as well as calling and sharing pictures and videos. WhatsApp rules (Terms and Conditions of Service) require you to be 16 or older to use the app. It is important that you really know and trust the contacts you message and share stuff with. Anyone who has your phone number can add you on WhatsApp.

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

### Privacy

Set your account to private using these simple instructions:

- Open the app & tap Settings in the bottom right corner.
- Tap **Account** and then **Privacy**.
- Tap **Last Seen, Profile Photo, About, Groups** and **Status** to change your settings for each option.

### Block

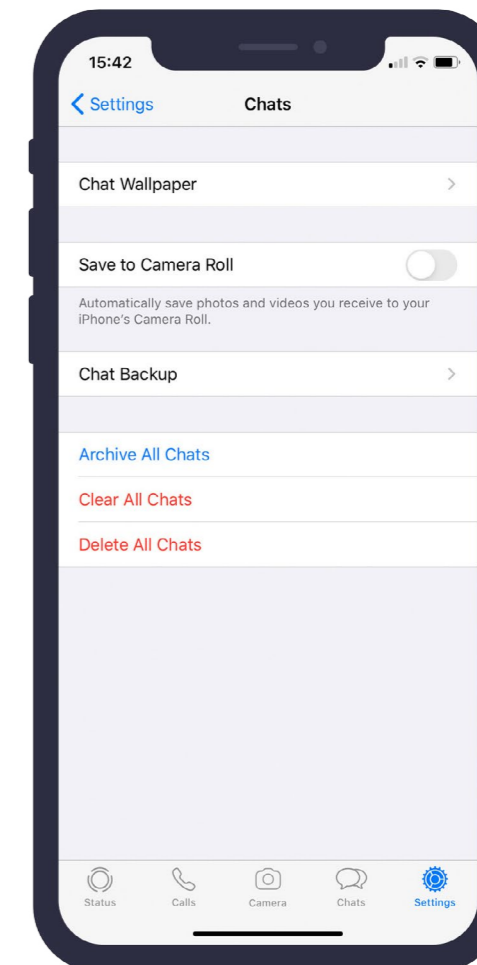
Block a user using these simple instructions:

- From your conversation, tap on the users name at the top to access their contact info.
- Scroll down and tap on **Block Contact**.
- Tap on **Block**.

### Report

Report a user using these simple instructions:

- From your conversation, tap on the users name at the top to access their contact info.
- Scroll down and tap on **Report Contact**.
- Tap on **Report** and then follow the instructions.



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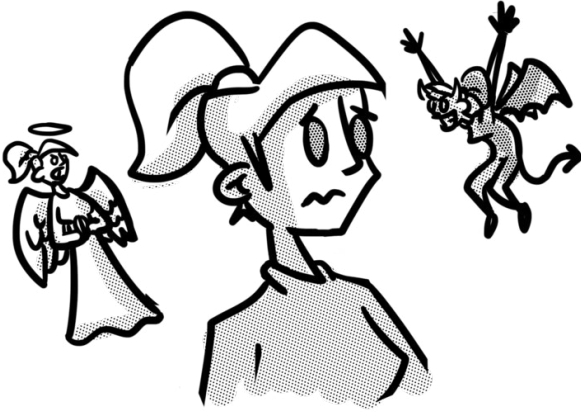
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## Did you know?



Exam stress can be really challenging, not only for children but for those that live with them. Research shows that having someone to talk to about their work can help. Support from a parent, teacher or friend can help young people share their worries and keep things in perspective.

Survey research has identified that exams are a significant source of stress and worry for pupils in secondary school. In particular, failing important examinations, and the consequences of failing these examinations, are rated as more important than a range of other personal and social worries. (Optimus education)

The NHS highlight that Children and young people who experience stress may:

- worry a lot
- feel tense
- get lots of headaches and stomach pains
- not sleep well
- be irritable
- lose interest in food, or eat more than normal
- not enjoy activities they previously enjoyed
- seem negative and low in their mood
- seem hopeless about the future



## What can you do?

Watch out for signs of stress and encourage your child to talk to a member of school staff or someone who they feel is supportive. If you feel your child isn't coping, it may also be helpful for you to talk to their teachers at school.

Encourage and support your child to build and maintain healthy habits before and during the exam period, such as eating a healthy balanced diet, staying hydrated, getting enough sleep, doing exercise, having time to relax and to socialise with friends.

Remind your child that feeling nervous and anxious is

normal. Support them to be organised, have a routine and build a revision timetable. Try not to add to their pressure by being flexible with them. Talk to them about how they feel, remind them of their goals in life and motivate them to stay focused. Staying calm will help them remain calm - and exams don't last forever.



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better future - brighter hope