

# Trafalgar Newsletter

21<sup>st</sup> April 2023

Welcome to the start of our summer term, we hope you all had a restful Easter break!

Well done to all our Year 11 students who attended intervention sessions over the break, and thank you to the staff who ran these sessions, helping students to get in the best position possible before their exams start next month.

You may have seen on our social media pages that we shared key dates for the term ahead. We would like to inform you of a change to one of those dates, which is for our Sports Festival in July. This was originally due to take place on the 13<sup>th</sup>, but will now be taking place a week later on the 20<sup>th</sup> July.

Year 10 will soon be starting their Work Experience. Our team are in the process of contacting placements ahead of the 15<sup>th</sup> May. If your child needs any support with this or you have any questions, please don't hesitate to contact our WEX team on [wex@trafalgarschool.org.uk](mailto:wex@trafalgarschool.org.uk).

Take care and stay safe,

**Team Trafalgar**

## Hot Chocolate with the Head!

This week's hot chocolate goes to Ethan!

Ethan has demonstrated exceptional skill and dedication to his school community by designing and creating a website platform for our MFL Café. Due to this, he has been appointed as their Communications Manager!

Not only does Ethan do brilliantly at school, Ethan is a keen swimmer and belongs to a swimming team outside of school. Just this week, he took part in a swimming competition and came first!

Firing on all cylinders; you should be very proud!



## Key Dates

- Friday 28<sup>th</sup> April** - INSET Day - school closed
- Monday 1<sup>st</sup> May** - Bank Holiday - school closed
- Monday 8<sup>th</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.



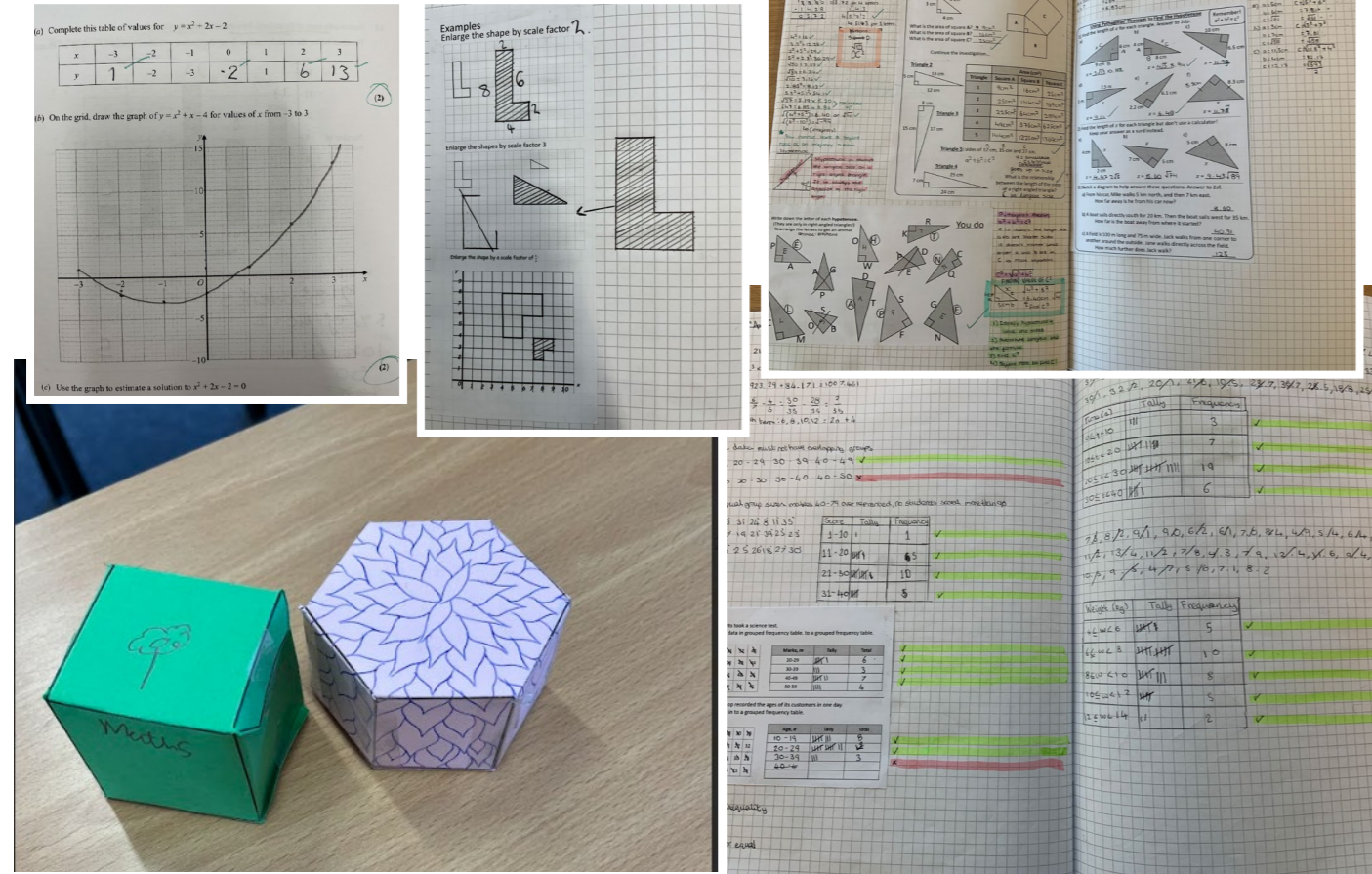
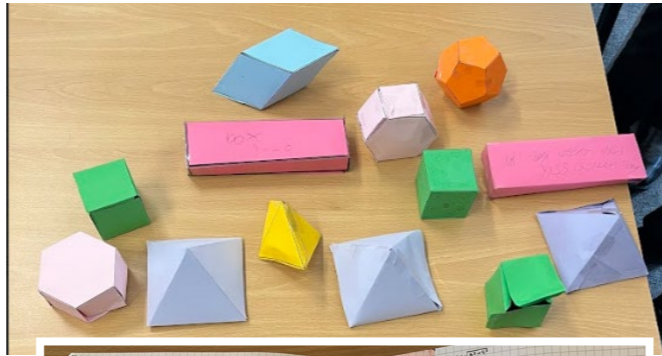
@TrafalgarSch

[trafalgarschool.org.uk](http://trafalgarschool.org.uk)

## Maths Department Update

Students have hit the ground running in maths after returning from their Easter break.

Our Year 11's have been focusing on GCSE exam questions in preparation for their upcoming exams, whilst other year groups focused on Transformations, Pythagoras Theorem, Linear Graphs, 3D-Shapes, Percentages and Frequency Tables.



## Community Circles Update

This week community circles were answering the questions:

**'What does inclusion mean? How do we know we are inclusive?'**

Students are clearly familiar with the term as it is one of our 5 core values. Some students opted to give examples of how we do this, such as how we sit in community circles which includes everybody in our school community. Having a mix of year groups in each tutor group also help us to be inclusive. Some chose to say what it is not, for example, no one feels left out or isolated.

This has been followed up by assemblies from our director of inclusion, Mrs Seal, on how our 3-centred approach of the Compass Centre, ARC and Lighthouse further ensure everyone, no matter their learning and emotional needs, have the best chances to succeed.

What does inclusion mean to you? How do you think your child/children answered? #joinin #teamtrafalgar



## Careers Corner

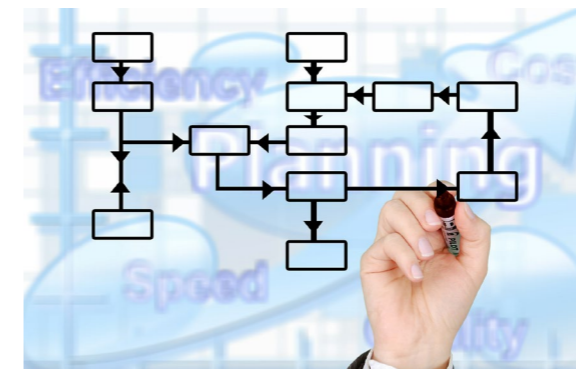


City of Portsmouth College are holding their last open event of the academic year next month!

Check out vocational and adult learning courses at their Highbury and North Harbour Campuses on Wednesday 17th May, 4:30-7:30pm.

Their friendly Careers Team will also be there to help you figure out your future.

Find out where you need to go: [www.copc.ac.uk/openevent23](http://www.copc.ac.uk/openevent23)



# OPEN EVENT

Wed 17 May  
4:30-7:30pm

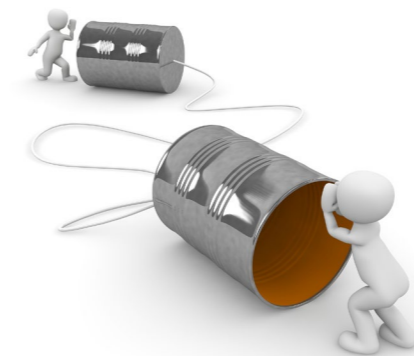
Find out more  
[copc.ac.uk](http://copc.ac.uk)

## RP Ambassador Update

Before the holidays, we had some people from UNLOC coming to deliver Equality, Diversity and Inclusion training with 60 of our RP ambassadors.

They spoke about identity, privilege and campaign, culminating in each group presenting their campaign ideas.

This included lots of ideas including more awareness of people with SEND, canteen food options and creating a cultural awareness event.



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# Young Carers and Isolation

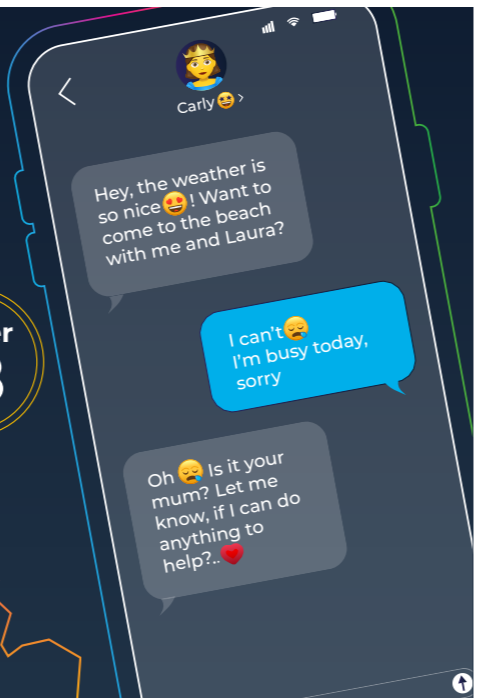
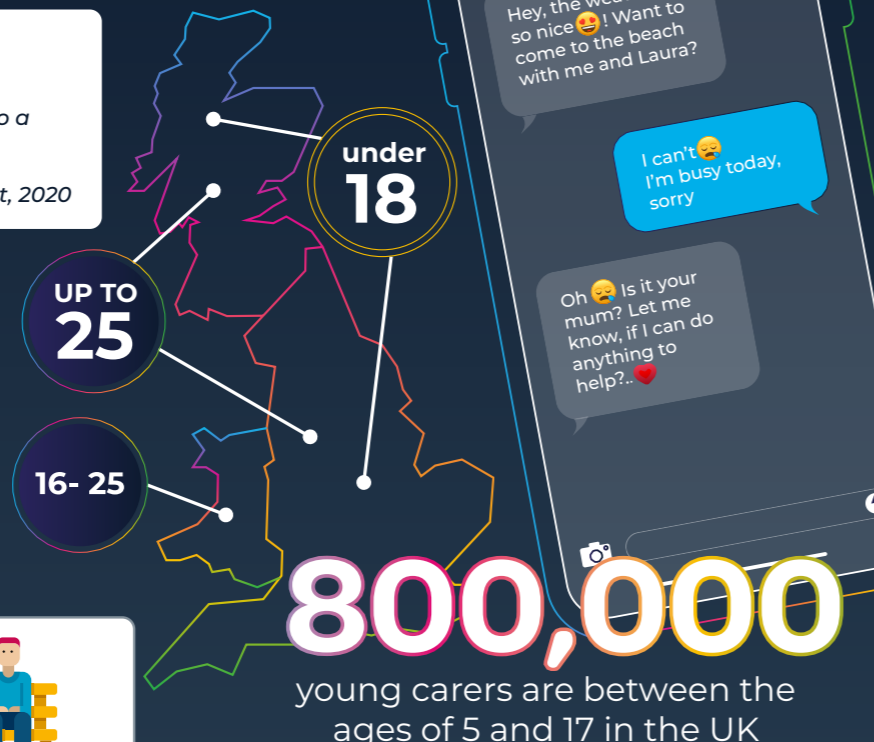
## How We Can All Help

### What is a Young Carer?

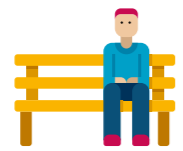
Young carers are children and young people under 18 years old who provide unpaid care to a family member who is disabled, physically or mentally ill, or misuses substances.  
- Carers Trust, 2020

In England and Scotland, a young carer is under the age of 18 years old. However, they also define a 'young adult carer' as up to age 25.

Similarly in Wales, the code of practice recognises young adult carers as aged 16-25.

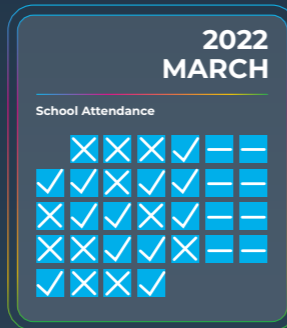


### Isolation and Being a Young Carer



Being a young carer can be socially isolating. Due to the extra time constraints associated with providing care, there could be limitations on how much socialising they are able to participate in. Even if the young person has free time, they may be too physically or emotionally tired.

The isolation is not just about being unable to take part in activities with peers. Missing school, getting behind in schoolwork and/or getting 'in trouble' at school can all lead to feeling different.



27% of young carers between the ages of 11-15, miss an average of 48 school days a year.

### How We Can All Help

**Talk**  
Begin a conversation when you've plenty of time and won't be interrupted.

**Listen**  
Allow lots of time for them to answer and avoid prompting or finishing their sentences.

**Ask**  
Ask open questions, such as 'how is everything at home?', rather than, 'is everything at home okay?'



23% of young carers say that their caring role has made it harder for them to make friends

### What Services are available for young carers?

Many organisations offer support for young carers. There may be specific services in your own area if you search the web!



## Handling the pressure of external exams

Information for parents and carers

### Did you know?



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

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.



### 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.

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.

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

e: enquiries@pixl.org.uk www.pixl.org.uk

better future - brighter hope