



Welcome to the latest edition of our Parent Bulletin!

This week we launched one of the biggest events in our school calendar; Activities Week 2024! The past two years have been a massive success and has provided our students with some fantastic experiences outside of the standard curriculum, enriching their learning and creating a deeper sense of community here at Trafalgar.

We have some exciting updates from our Humanities department, as well as information on a community event being held at the international ferry port this weekend.

October is Black History Month and over the next few weeks we will be highlighting key figures, celebrating their contributions to history and discussing this in circles and assemblies.

Next week is our Open Evening for prospective Year 6 parents. Students should have already received letters if they are taking part in the evening as tour guides or helping departments. If they haven't but would like to help, please encourage them to talk to their tutor/Head of House to get a permission letter.

Stay safe and take care,

**Team Trafalgar**

## Activities Week 2024

This week we held our Activities Week 2024 launch event!

The next installment of this landmark event promises to be the best yet and we already can't wait to see all the great things students will get up to at the end of June next year!

The 2024 brochure can be found on [our website](#) and students are being sent home with choices forms to fill out and return to tutors by the 20th October.



### Key Dates

**Thursday 12<sup>th</sup> October** - Open Evening 2023

**Friday 20<sup>th</sup> October** - Activities Week Choices deadline

**Monday 23<sup>rd</sup> - Friday 27<sup>th</sup> October** - Half Term

**Monday 30<sup>th</sup> October** - Students back in school

2023

### Uniform & Equipment

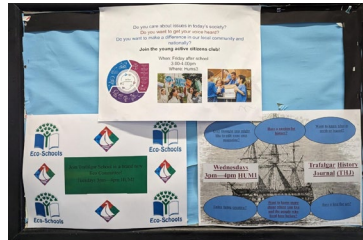
Please ensure your children have the correct uniform & equipment with them each day. If you require any support, contact your child's form tutor. You can find details of what they need [here](#).



# Humanities Department Update

## Year 7

Year 7 have made a fantastic start to their study of Geography. They have learnt all about the different types of Geography and produced some amazing home learning aimed at teaching Year 5's the difference. Featured in photo (right): Martyna R, Jasmine J, Ihsanullah S

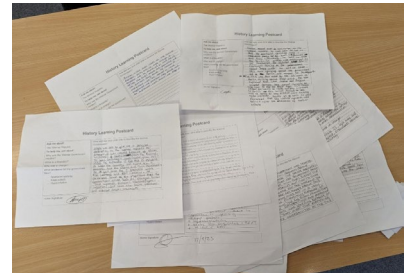


## Humanities Extracurricular Clubs

We have three really exciting Humanities clubs this year! Eco club on Tuesday nights, History club on a Wednesday and Citizenship club on a Friday! Come along to contribute to Humanities across the school.

## Year 10

A huge thank you to our Year 10 students and parents who have been completing their home learning together for the Weimar Republic in History! Having them talk to you about what they are learning is one of the best ways to get them to remember the content!



## Year 11

We are incredibly excited to announce that we have Historian and broadcaster Dan Snow MBE coming in to talk to our amazing GCSE students about the inter war years in December to support with their content knowledge for their Germany paper!

Watch this space for more information!

## Trafalgar selected as Beacon School

We are incredibly proud and fortunate that we have been accepted onto the Beacon school project with the University College London for Holocaust Education.

For the next 18 months we will be working incredibly hard in promoting thoughtful education around the holocaust, as well as promoting the teachings to our wider community and school values and ethos.



If there is any way you can or would like to get involved in this project, please let us know. And watch out for our progress as we go through the next 18 months!

## Join our Team!

We are currently recruiting for the following roles to join our fantastic team here at Trafalgar:

- Teacher of Science
- Teacher of Physical Education
- Learning Support Assistant
- Exam Invigilator
- Social Emotional and Mental Health Lead - Temporary

If you, or someone you know, would be great for any of these roles then visit our website to find out more and apply!



@TrafalgarSch

trafalgarschool.org.uk

# PORTSMOUTH INTERNATIONAL PORT

COMMUNITY OPEN DAY



**SATURDAY 7 OCTOBER 2023 - 10AM - 4PM**

**PORTSMOUTH INTERNATIONAL PORT,  
GEORGE BYNG WAY,  
PORTSMOUTH PO2 8SP**



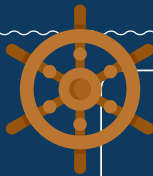
**A BEHIND THE  
SCENES LOOK AT  
PORT OPERATIONS**

**HARBOUR TOURS**



**CAREER OPPORTUNITIES**

**ACCESS TO SHIPS  
AND MACHINERY**



**INTERACTIVE  
EXHIBITORS**

**ACTIVITIES FOR ALL THE FAMILY**





One day  
AT  
CHRISTMAS

# Jingle All the Way to Lille's Enchanting Christmas Market!

## What is included?

- ✓ 1 day trip - £140 per student
- ✓ Christmas Market
- ✓ Visit at the French bakery
- ✓ Sightseeing in Lille
- ✓ Christmas shopping spree



## Pick-up Point

TRAFALGAR SCHOOL

## Departure



Friday the 1st of December 2023  
Time: 00:15am



Channel ferry crossings via Dover - Calais

## Return



Friday the 1st of December 2023  
Time: 23:00pm

**44 spaces available only and PASSPORT REQUIRED**  
**FOR FURTHER DETAILS PLEASE CONTACT MISS ABDILLAHI AND MR KOHLI.**



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# What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthralls young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK... and knowing what to do about content that upsets them.

## 1. UNDERSTAND THE ALGORITHM

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Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

## 2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

## 3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

## 4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

## 5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

## 6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

## 7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

## 8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

## 9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

## 10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

## Meet Our Expert

Shazia Sarwar-Azmi is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



Sources: <https://www.bbc.com/health/technology-5624855>  
<https://prosocial.com/insights/social-media-usage/>



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



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