

Parent Bulletin



13th October 2023

Welcome to the latest edition of our Parent Bulletin!

Activities Week choice forms are already flying in, make sure your child gets their signed forms back to their tutors by the 20th of October. Any students interested in going on the residential trips must be sure to get them in by this date to be considered. If your child hasn't received their choices form, they can get a blank one from their tutor.

As mentioned last week, October is Black History Month, and this week Miss Arnold has been holding house assemblies about the importance of the month and British Black History and how it's not just celebrated in October but is an integral part of our history as a nation.

Last night we held our Open Evening, and it was a roaring success! It was our largest turn out yet, as hundreds of students and parents came to find out what #teamtrafalgar is all about! Thank you to all our students who helped as tour guides and supported departments across the school, helping us show off to Trafalgar in its best light.

Stay safe and take care,

Team Trafalgar

Community Circles

Our check out question to end the week was:

'This month is Black History Month. Why is it important to celebrate diversity?'



All houses have been having assemblies on the topic this week, and this will be something we continue to talk about into next week and indeed throughout the year. In community circles, the beauty of having vertical tutoring is the differing experiences of tutors and students from different year groups, means that older students can educate younger ones on what they have learnt in History or English related to this topic. The assembly focused on British Black History, including the Bristol bus boycott of 1963. In circles, some students expressed surprise at not knowing about Black History here in the UK. Some students commented on how we're all different and that this is something to be celebrated and that Black History month fits well as part of that.

Ask your child how they responded. How would you answer? **#blackhistorymonth #teamtrafalgar**

Key Dates

2023

Friday 20th October - Activities Week Choices deadline

Monday 23rd - Friday 27th October - Half Term

Monday 30th October - Students back in school

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](#).



@TrafalgarSch

trafalgarschool.org.uk

MFL Department Update

Open Evening 2023



An unforgettable evening of linguistic delights and culinary indulgence! Our open evening was a flavorful fiesta, where the eloquent beauty of languages met the delectable charm of tortillas, chorizo, nachos, hot chocolate, pain au chocolat, croissant, and orangina.

A symphony of tastes and words that left everyone craving for more!



WILLKOMMEN स्वागत
欢迎 BIENVENIDA
WELCOME
BIENVENUE ようこそ
добро пожаловать
ترحيب BEM-VINDO

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

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

BAE SYSTEMS

Apprentice Open Evenings



TUESDAY
31 OCTOBER 2023

WEDNESDAY
1 NOVEMBER 2023

Start an apprenticeship scheme with BAE Systems Maritime Services and you'll be part of a team working on our world-leading technology. From developing radar to planning essential ship maintenance: by supporting the Royal Navy's Portsmouth-based fleet, you'll be helping to serve and protect those who serve and protect us.



TIME
6 PM-8 PM

Our annual Open Evenings are an opportunity to speak to current BAE Systems apprentices, business and planning professionals, digital technologists, and engineers. Learn about the work that they do and how you could join the team. We'll also tell you about our work experience opportunities and about the fantastic opportunities you'll have to learn and develop beyond the scope of your apprenticeship.



VENUE
BAE Systems,
Portsmouth Naval
Base, Portsmouth,
PO1 3LU

If you're looking to start an apprenticeship in 2024, join our open evening to find out more.

Portsmouth Naval Base is a working defence establishment, so you'll need to register in advance to attend. If you are under 18 you'll need to attend with one accompanying adult. Valid photo ID will be required to gain entry.

REGISTER NOW



skillscentre.admin@baesystems.com

Please specify your preferred date and how many places you require when registering (up to two places per booking). **Deadline for registration 7am Monday 23 October 2023.**



@TrafalgarSch

trafalgarschool.org.uk

SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From the continuing impact of COVID-19 to the war in Ukraine, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they have seen.



2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what is happening – but again, do stay aware of their emotional state.



4 EMPHASISE HOPE

Upsetting content can make us feel angry, scared. Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



6 CONSIDER YOUR EMOTIONS

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



7 SET LIMITS

Managing screentime and content can be difficult at the best of times, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try and at least limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screentime limits.



8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once: instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.



10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.



Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



Sources: <https://www.bbc.com/news/health-56417806> | <https://www.childline.net/blog/supporting-your-child-with-upsetting-content/> | <https://www.unicef.org/parenting/how-talk-your-children-about-conflict-and-war>

