



7<sup>th</sup> March 2025

Dear Parent/Carer

## March Updates

The half-term break and first fortnight back have provided our students with so many inspiring and engaging opportunities to develop their knowledge, skills and character beyond the classroom. Over the half-term our Geography trip to Iceland provided students with some memories that will last a lifetime. Students and Staff started the trip by visiting the bridge between two continents, standing on new land created when the North American and Eurasian plates divided, and then finished the evening at the notorious Blue Lagoon, where they were able to enjoy the warm waters heated by the volcanic rock underneath and mud face packs full of rich volcanic silica. After a storm forced their plans to change, they visited the Golden Circle, seeing the huge Gullfoss Waterfall and waited patiently for the large Geysers to show their waterblast. They also visited the Lava Tunnel, a cave which had been carved out during a large volcanic eruption. The trip finished with some sightseeing in the capital Reykjavik including seeing the lava show; the only show where real life lava is present not during an eruption. Student behaviour was phenomenal, and they were a credit to the Collegiate.

This fortnight alone students have benefitted from Geography field trips, a conservation trip, Music workshops, sports fixtures, an Options assembly and Evening, a performance and workshop on drug awareness by the Daniel Spargo-Mabbs Foundation, a Next Steps Careers Fair, an MFL trip to France, Jack Petchey Speak Out Workshops and a celebration of World Book Day in the Library.

These activities are essential to delivering our mission of an *Exceptional Education for All* and ensuring that *all students engage with excellent cultural learning and co-curricular activities*. Your support to ensure your child is making the most of the wonderful range of opportunities available to them at Riddlesdown is greatly appreciated.

## Year 10 & 11 Mock 2 Exams

Year 11 students sat their English, Maths and Science Mock 2 exams this week and Year 10 students sat their Religion and Worldview Mock 2 exam. All other Mock 2 exams for Year 11 are taking place within their lessons and students will be receiving their grades and feedback once these are marked. Reports containing Mock Exam grades will then be sent home on the 21<sup>st</sup> March. Students must use their Mock Exam results as a valuable learning opportunity to ensure success in their summer GCSE exams. Therefore, please spend time with your child reflecting on how they have performed, the feedback they have received from their teacher and what they must focus their revision on in the final few months. All students must use their teacher feedback to guide their revision and address any gaps in understanding. Students must not hesitate to ask for support from their teacher or College and with consistent revision, effective time management, and acting on feedback, students will make significant progress between now and the final exams.



## **Year 9 Options**

Thank you to those families who attended Year 9 Options evening last night. It was great to see students so excited about their options choices. Please continue to access the support and guidance needed to ensure that your child makes the best decision to ensure they are successful and enjoy their option subjects at Key Stage 4. A reminder that the deadline for submission of option choices is 14<sup>th</sup> March. All details have been sent in a letter to both you and your child, should there be any issues with using the website to submit options, please contact your child's Tutor in the first instance.

### **Safeguarding Briefing**

Shout 85258, is a free and confidential text messaging support line for people struggling to cope. The digital service, has issued new guidance on the issue of eating disorders. Eating disorders are recognised by the NHS as a 'mental health condition where you use the control of food to cope with feelings and other situations'. Recognising an eating disorder is the first step towards healing and regaining balance. There are various types of eating disorders, including Anorexia Nervosa, Bulimia, and Binge Eating Disorder. However, some individuals might not fit into these categories and instead experience Other Specified Feeding or Eating Disorders (OSFED) or ARFID (Avoidant Restrictive Food Intake Disorder), which is more common among individuals with autism. Understanding these different experiences helps us better support those going through these challenges.

If interested in finding out more, please click on the link below:  
<https://giveusashout.org/latest/how-to-support-a-young-person-with-an-eating-disorder>

Yours sincerely

**Daniel Osborne**  
**Principal**