

# Riddlesdown Collegiate



11th July 2025

Dear Parent/Carer

## July Updates

As we approach the final stretch of the term, the energy and opportunities at the Collegiate continue at an incredible pace. This week has been nothing short of exceptional, packed with enriching experiences for our students. The Summer Concert was a phenomenal celebration of music and talent while both Year 11 and Year 13 students celebrated in style at their Proms. Year 12 students enjoyed a vibrant Art trip to the Southbank, and another group from Year 12 explored the history and landscapes of Hadrian's Wall. Meanwhile, our Year 10 students took part in a reflective and moving visit to the battlefields of Belgium. To top it all off, we had the privilege of welcoming Marc Guéhi, Crystal Palace Captain and England centre-back, who delivered a powerful talk to students about leadership, resilience, and ambition. Each of these experiences reflects the best of what we aim to offer—broad, inspiring, and meaningful opportunities that extend beyond the classroom.

### **Summer Concert**

Our Summer Music Concert was a truly unforgettable evening, showcasing the incredible talent and energy of our students. With stunning performances from our choirs, bands, ensembles and orchestras, the concert was a celebration of musical excellence and creativity. A special highlight was the heartfelt farewell from our Year 13 students, who delivered moving final performances as they prepare to leave us. The night included our first-ever Summer Concert collaboration between the Chamber Choir and Dance Companies—performing *From Now On* from *The Greatest Showman*. It was a powerful, high-energy ending to a spectacular night that left the audience on their feet and full of pride.

### **A Premier League Visit to Remember**

On Tuesday, we were delighted to welcome **Marc Guéhi**, Crystal Palace Captain and England centre-back, to Riddlesdown as part of The Crystal Palace Foundation. It was an inspiring and unforgettable visit for our students. One of our students, **Tom Moody (10KMB)**, was so inspired by the experience that he wrote a fantastic article, which we are proud to share with you below:

*Today, Riddlesdown Collegiate was visited by Crystal Palace's very own Marc Guehi. As word spread among students and staff, excitement was high and everyone was buzzing to meet him. The teachers remained quiet about the identity of the player, as they all wanted it to be a surprise for the students. After Marc was secretly escorted on site, the small handful of students fortunate enough to be selected for this amazing opportunity began to show their excitement. Staff and students then started to fill the room, and once the students realized who was standing in front of them, the looks on their faces showed utter shock and complete amazement. Once everyone had settled down, Marc and his interviewer both introduced themselves, and the interview got underway. While the photography team snapped photos and filmed the interview, Marc spoke about his background and upbringing, sharing that his parents were initially against the idea of him playing football.*

Marc then went on to discuss his recent international spell during EURO 2024. He shared his experiences, feelings, emotions, and gave real insights into what it is like to play at such a high level. The students were blown away, taking everything in and listening attentively. Soon after the interview concluded, everyone was given a chance to ask Marc some questions. One student asked, "What was your biggest setback and how did you overcome it?" Marc went on to talk about a knee injury he suffered during the 2023/24 season, which was a major blow to him, but he emphasised how his mentality played a big part in his recovery. He also spoke about the importance of his faith and family in his career and how they helped boost him.

Some difficult questions were asked, and all were answered brilliantly, leaving no student or staff member wondering. After the Q&A, Marc kindly gave up his time to sign shirts, take photos, and even offer one-on-one advice to those who asked. In summary, every student was very pleased and grateful for the experience and enjoyed meeting such an incredible player. Thank you to Marc Guehi for giving up his time for us today and for being so cooperative and amazing.

### **Riddlesdown Collegiate Parents Association**

We are excited to launch the **Riddlesdown Parents Association**, and we are currently looking for volunteers to help raise funds for a range of projects and resources to benefit our students. The PTA will be supported by members of the Senior Leadership Team and staff, and we'd love for as many parents and carers as possible to get involved. If you're interested in joining, please scan the QR code or follow this [link](#) and complete the Google Form. The more of us involved, the greater the impact we can have!

Register of Interest



Please scan this QR code to find out more and to provide some information.

### **Sports Day – Monday 14th July**

A reminder that Sports Day will take place on Monday 14th July. Students should arrive at 8:30am, in PE kit, and bring:

- A refillable water bottle
- Sunscreen
- A hat, if desired

Refreshments will be available throughout the day, and both the Diner and College VI Café will be open at lunchtime. Students will be dismissed at 3:00pm. We look forward to a day filled with fun, friendly competition, and fantastic team spirit!

### **Year 10 Battlefields Trip**

The History Department organised a residential trip abroad to France and Belgium to visit key battle sites during World War I. Fifty Year 10 students left at 4am on Sunday 6th July to embark on a jam packed tour of key sites involved in the Battle of the Somme and the conflicts on the Ypres salient. This tour was led by Paul Iverson and Andy Wallace from Anglia Tours- both experts in the history of the Western Front. On the first day, students were able to actually experience the environment in the trenches at the Bayernwald Trench system; a restored German trench, and they got to walk between the frontlines at Hill 60. They learnt about the development of weapons such as Chlorine and Phosgene gas, and the way in which this actually pushed forward medical developments. Students also took part in an evidence handling workshop which allowed them to use a replica World War I stretcher and handle the contents of a typical medical officer's kit. A highlight of this workshop was definitely seeing four Year 10 students transport Ms Philips on a stretcher along the chain of evacuation!

# Riddlesdown Collegiate



Students also got to spend some time at World War I cemeteries and reflect on the sacrifices of those involved. We visited Tyne Cot Cemetery - a Commonwealth cemetery with the remains of 11,961 servicemen from many different countries including Great Britain, Canada, India and Australia. Students also visited Fricourt - a German cemetery which gave them an opportunity to make comparisons about how countries choose to honour those lost in conflict. Our first day finished by attending the Last Post ceremony at the Menin Gate in Ypres- a ceremony to remember those who lost their lives, but do not have graves. This ceremony has taken place everyday at 8pm since 2nd July 1928, with the only exception being during the Nazi occupation of World War II. On the second day the tour concluded with a very poignant visit to the Thiepval memorial to those lost at the Somme in 1916. We held our very own Last Post ceremony and a wreath was laid at the memorial by Livia Tracey, Harrison Goddard, Nesrin Mitchelson and Tyler Lidbetter. Alexander Vyse also read the exhortation from 'For the Fallen' by L.Binyon. One of our students was able to locate a relative on this memorial, and with the help of our guides, he was also able to find the approximate location of his death during the Battle of the Somme. It was very touching and moving to see one of our students lay a poppy cross at this location in a moment of personal reflection and gratitude to those who made the ultimate sacrifice.

Despite the very changeable and, at times, very wet weather, the students' behaviour was exemplary and the tour guides were very impressed with both the knowledge of our students and their engagement. The Year 10s should feel very proud about the way in which they represented the Collegiate. This was a trip which will leave a lasting impression on all those involved- teachers and students alike

## ***Thank a Member of Staff***

A final reminder that nominations are still open for our **Riddlesdown Staff Awards**. If a member of staff - teaching or non-teaching - has made a significant, positive impact on your child, we would love to hear from you. Whether it's a Form Tutor who has provided exceptional care and guidance, a teacher who's sparked passion for a subject, or a colleague who's supported your child through a challenging time, your recognition would mean so much. You can nominate more than one person, and the **deadline has been extended to the 13<sup>th</sup> July 2025**. [Thank a staff member](#). All nominated staff will be informed before the end of term, and your words of appreciation will be warmly received.

Thank you, as always, for your continued support. We wish all our families a positive and rewarding end to the academic year.

Yours sincerely

Mr D Osborne  
Principal

### **Safeguarding Briefing: E-Safety**

To support families to safely and healthily navigate the challenges of phones and other devices our children use, Miss Certenais has created our **E-Safety Bulletin which is** attached to this letter. It's full of helpful advice and practical guidance on managing screen time - something many parents find particularly challenging during the holidays. Please take a moment to read it - I hope the advice and guidance will help you support healthy, balanced, and responsible screen time use.



## Online Safety for Parents: Screentime



SCREEN TIME MANAGEMENT

for KIDS

### What is screentime?

The proliferation of smartphones, tablets, and computers has drastically increased screen time and exposure to an increasingly diverse digital content.

Access to digital tools has narrowed the digital divide, allowing fast access to vast amount of information, personalized learning experiences, and tools for creative expression and problem-solving, enhancing learning and collaboration, fostering crucial skills for the future. Excessive screen time can negatively impact physical health, mental well-being, and social development, particularly in children. It can lead to eye strain, sleep disruption, and decreased physical activity. Additionally, it may contribute to social isolation, emotional regulation difficulties, and even risk-taking behaviour.

Further issues include increase exposure to cyberbullying and to inappropriate / unsolicited content.

Get the most out of screen time >

Tackle "too much" screen time >

Screen time resources >

Creating a balanced digital diet >

internet matters.org

### Screentime

As for any technology, it can be a lot of fun and very supportive of different learning needs. The key to success lies in balance.

#### Monitor screentime

Use a timer or apps to monitor how much time you spend. Time flies when we start browsing the Internet.

#### Set a screentime limit

Discuss with your child a reasonable amount of time, balancing homework and fun games.

#### Schedule regular breaks & Stretch it out

Give your eyes a rest and get up and stretch your muscles. A quick walk would help you relax and focus back again.

#### Plan alternative, non-screen activities

Plan activities in families, friends not involving a screen. Join a club or take up another hobby.

#### Turn off screens at night

Switch off all devices 1 hour before bed. Keep devices in a different room at night.

#### Check your settings

Try airplane mode or "do not disturb". Use colour settings to reduce eye tiredness.

#### Switch off for a day

Challenge yourself! Can you spend a day without using any screen?

### Tools to support you

Each platform (Xbox, iPhone etc) now offers a range of screentime management tools to help track and limit device usage and promote healthier digital habits.

These feature...

- **Weekly report** in charts to monitor patterns and discuss habits
- **Screentime locks** –after an agreed set amount of time
- **App block and content filtering**

These tools can be used for personal well-being, family supervision and workplace productivity as it helps you focus and avoid distractions



Kids and Tech: How Much Is Too Much?

### References

National Online Safety

Common Sense Media

RC's Digital Well-being page