



CASTLE DONINGTON COLLEGE

WEEKLY PARENT BULLETIN

Working Together, Achieving Together

4th September 2026

Dear Parents and Carers

Welcome to our weekly bulletin, providing you with a range of general information and forthcoming events at the college.

The Bulletin is divided into three sections:



Key Information for Next Week – information relevant to all pupils or pupils in multiple year groups.



Year Group Specific Information – updates and reminders relevant to particular year groups.



General Information – this section contains a mixture of regular information that we include each week and new notices or updates. Although some items may already be familiar, please take a few moments to read through this section each week, as new and important information may be included alongside recurring reminders.



WORD HARD



TAKE RESPONSIBILITY



BE KIND



KEY INFORMATION FOR NEXT WEEK



Photographs

Our professional Photographers, JS Photography, will be in school next **Friday 11th September** to take individual photographs of all pupils.

There will be the opportunity for you to purchase your child's photograph, and we will be sending details in due course.

Post-16 Information Evening – Wednesday 9th September

Parents and carers of Year 11 students are warmly invited to our **Post-16 Information Evening** on **Wednesday 9th September, from 7:00pm–8:00pm** at Castle Donington College.

The evening will provide valuable information about the range of opportunities available after Year 11, including Sixth Forms, Colleges, Apprenticeships and T Levels.

Following the presentation, parents and carers will have the opportunity to speak directly with representatives from local colleges and sixth forms in our information fair.

Additional support and advice will also be available from our Careers Adviser, Careers Lead and SEN team, alongside useful Maths and English resources.

This is a great opportunity to explore the different pathways available and gather information to help students make informed decisions about their future.



YEAR GROUP SPECIFIC INFORMATION



Year 7	<u>Pastoral Support</u> Please contact your child's Form Tutor and Head of Year (Mr Nelson) for any further support required in school. We would also like to hear of any success stories outside of school, so we can help to celebrate these achievements with our students.
Year 8	<u>Pastoral Support</u> Please contact your child's Form Tutor and Head of Year (Mr Canavan) for any further support required in school. We would also like to hear of any success stories outside of school, so we can help to celebrate these achievements with our students.
Year 9	<u>Pastoral Support</u> Please contact your child's Form Tutor and Head of Year (Mr Brown) for any further support required in school. We would also like to hear of any success stories outside of school, so we can help to celebrate these achievements with our students.
Year 10	<u>Pastoral Support</u> Please contact your child's Form Tutor and Head of Year (Mrs Danes) for any further support required in school. We would also like to hear of any success stories outside of school, so we can help to celebrate these achievements with our students. Textiles/Graphics/Art GCSE students and families, are invited to join us for the Design Showcase on 8th October, 6-7pm. We will be exhibiting our GCSE leavers work, which can provide inspiration, and aspiration for our current GCSE cohorts! Textiles and Art coursework catch-up sessions. If your child takes Textiles or Art GCSE, they have access to extra time in the Textiles and Art room on Wednesdays after school (3:15-4:15pm), and every lunch time. French exam skills sessions All pupils studying French are invited to these sessions every Tuesday lunch in L3. We will focus on a different skill each week.

	Pupils have been given a list of all the sessions for the academic year ahead. A copy is also attached in this bulletin.
Year 11	Pastoral Support Please contact your child's Form Tutor and Head of Year (Mr Purkiss) for any further support required in school. We would also like to hear of any success stories outside of school, so we can help to celebrate these achievements with our students. Textiles/Graphics/Art GCSE students and families, are invited to join us for the Design Showcase on 8th October, 6-7pm. We will be exhibiting our GCSE leavers work, which can provide inspiration, and aspiration for our current GCSE cohorts! Textiles and Art coursework catch-up sessions. If your child takes Textiles or Art GCSE, they have access to extra time in the Textiles and Art room on Wednesdays after school (3:15-4:15pm), and every lunch time. French exam skills sessions All pupils studying French are invited to these sessions every Tuesday lunch in L3. We will focus on a different skill each week. Pupils have been given a list of all the sessions for the academic year ahead. A copy is also attached in this bulletin.

Date	Skill practice/focus	Tier
Tuesday 8 th Sept	Writing photo task	F only
Tuesday 15 th Sept	Speaking read aloud	F + H
Tuesday 22 nd Sept	Writing 50 words	F only
Tuesday 29 th Sept	Speaking role play	F + H
Tuesday 6 th October lunch	Speaking conversation, understanding questions	F + H
Tuesday 13 th October	Listening practice	F + H
Tuesday 27 th October	Reading practice	F + H
Tuesday 3 rd November	Speaking photo card	F + H
Tuesday 10 th November	Writing 90 words	F + H
Tuesday 17 th November	Reading, translation into English	F only
Tuesday 24 th November	Reading, translation into English	H only
Tuesday 1 st December	Listening, dictation	F + H
Tuesday 8 th December	Speaking conversation, answering questions	F + H
Tuesday 15 th December	Writing, translation into French	F only
Tuesday 5 th January	Writing, translation into French	H only
Tuesday 12 th January	Speaking, pronunciation practice	F + H

Tuesday 19 th January	Listening practice	F + H
Tuesday 26 th January	Reading practice	F + H
Tuesday 2 nd February	Writing photo task and 50 words	F only
Tuesday 9 th February	Speaking read aloud	
		F + H
Tuesday 23 rd February	Speaking photo task	F + H
Tuesday 2 nd March	Speaking role play	F + H
Tuesday 9 th March	Speaking conversation	F + H
Tuesday 16 th March	Speaking unexpected questions	F + H
		F + H
Easter holiday TBC	Speaking-all tasks	F + H
Easter holiday TBC	Speaking-all tasks	F + H
		F + H
Tuesday 6 th April	Speaking-all tasks	F + H
Tuesday 13 th April	Reading practice	F + H
Tuesday 20 th April	Listening practice	F + H
Tuesday 27 th April	Dictation practice	F + H
Tuesday 4 th May	Translation into English	F + H
Tuesday 11 th May	Writing, verbs and tenses	F + H
Tuesday 18 th May	Writing 150 words	H only
Tuesday 25 th May	Translation into French practice	F + H



GENERAL INFORMATION



Communication with the College

If you need to contact the college, you can telephone on
01332 810528

To ensure efficient use of staff time and appropriate handling, all email communication should be sent to **postroom@cdcollege.uk**

Emails sent to the postroom address will be triaged and escalated using the following criteria. Please include the nature of your enquiry in the subject line of the email.

Area	First Contact	Escalation
General enquiries	Admin team	Relevant teacher, middle or senior leader
Safeguarding (pupil)	DSL	
Safeguarding (staff)	Principal (for a safeguarding concern regarding the Principal contact the Chair of Governors)	
Behaviour	Form teacher	Head of Year or senior leader
Attendance	Attendance Officer	Head of Year or Vice Principal
Curriculum	Subject teacher	Head of Department, then SLT
SEND	Assistant SENDCo	SENDCo
Complaints	As per complaints policy	Chair of Governors

You can contact us directly regarding absences: **attendance@cdcollege.uk**
Please include full details and attach/screenshot appointment cards for our records.

For all communication with the SEND department, please direct emails to our central SEND inbox **send@cdcollege.uk**

Please familiarise yourself with our College and EMET policies and procedures, which can be viewed [here](#) on our website and are updated throughout the school year.

Mobile Phone use

We would like to remind parents and carers of our expectations regarding mobile phone use in school, in line with current guidance and legislation aimed at reducing distractions and supporting pupils' wellbeing and learning.

Pupils are not permitted to use mobile phones at any time during the school day, including breaktimes and lunchtimes. If a pupil brings a mobile phone to school, it must remain switched off and out of sight throughout the day.

Any mobile phone that is seen or used during the school day will be confiscated by a member of staff and will be returned to the pupil at the end of the school day. If pupils are seen with their phone on more than one occasion, then they may be asked to hand this in at the beginning of every day for a period of time.

We recognise that some pupils may need access to a mobile phone or connected device for medical reasons. Medical exceptions, such as for pupils managing diabetes or other documented medical conditions, will continue to be supported on an individual basis.

We appreciate the support of parents and carers in helping us maintain a focused, safe and positive learning environment for all pupils.

First Aid

Please update the college on any new medication that your child is taking. Please remember that if you are bringing any medication into college it needs to be in prescribed pack with the student's name and prescribed dose on.

We have a first aid email address where you can send any new or updated medical information for your child. firstaid@cdcollege.uk

We are happy for your child to carry a small amount of paracetamol or ibuprofen for their own use but please inform them not to give to other students.

Wellbeing support

All pupils have access to youHQ Wellbeing app for schools and colleges youHQ.co.uk they can log in using their @cdcollege.uk email address through the Microsoft 365 log in

You can find out more about youHQ on this youtube video
<https://youtu.be/QyKDZlHmAkl>

Attendance

Thank you for your continued support with your child's regular attendance to school.

Regularly attending school has a positive impact on children and young people - academically, socially and emotionally. Evidence shows that the students with the highest attendance throughout their time in school gain the best examination results.

Percentage Attendance	Number of Days Absence	Learning Missed in 1 Year	Learning Missed over 5 Years
100%	0 Days	0 Lessons	0 Lessons
97%	6 Days	30 Lessons	150 Lessons
95%	9.5 Days	48 Lessons	240 Lessons
93%	13 Days	65 Lessons	325 Lessons
90%	19 Days	95 Lessons	475 Lessons

Careers Education at CDC

Labour Market Information (LMI)

What is LMI?

Labour Market Information (LMI) helps young people understand the changing world of work. It provides information about careers, employment trends, skills, qualifications, apprenticeships, salaries and opportunities.

LMI can help young people make **informed decisions** about their GCSE options, post-16 choices, apprenticeships, university and future careers.

Useful LMI and Careers Websites

National Careers Service – Explore Careers

Explore hundreds of careers and find information about what different jobs involve, the skills and qualifications needed, salaries and progression routes.

[Explore Careers – National Careers Service](#)

National Careers Service – Advice for Parents & Carers

Practical advice to help parents and carers support young people with education, training and career decisions.

[Help a young person make career choices](#)

National Careers Service – Post-16 Options

Information about the different routes available after Year 11, including further education, technical and vocational courses and apprenticeships.

[Explore Post-16 Options](#)

National Careers Service – Post-18 Options

Explore options including university, higher technical qualifications, apprenticeships, employment, volunteering and gap years.

[Explore Post-18 Options](#)

The Careers & Enterprise Company – Gatsby Benchmarks

Find out more about the Gatsby Benchmarks and how good careers education helps young people understand future pathways and labour market opportunities. Benchmark 2 specifically focuses on learning from career and labour market information.

[Gatsby Benchmarks and Careers Guidance](#)

How can parents and carers help?

You don't need to have all the answers. Explore careers with your child and encourage them to ask:

- What does this job involve?
- What skills and qualifications are needed?
- What different routes could lead to this career?
- What are the future opportunities?
- Are there apprenticeship or work-based routes?
- What other careers use similar skills?

Remember: LMI is not about telling a young person what career to choose. It gives them reliable information so they can explore possibilities and make informed decisions about their future.

At Castle Donington College, we encourage students and parents/carers to use reliable, up-to-date careers and labour market information alongside discussions with teachers, tutors, employers and qualified careers advisers.

Clubs

Breakfast Club

Breakfast Club runs every day in the library from 8am. You can come in and chat with your friends, read any of our lovely books, or bring your own, have a game of chess, or just sit quietly before the day begins. We do not provide food, but you are welcome to bring your own.

Puzzle Club

Do you enjoy doing jigsaws? We always have a really big one that we all like to help complete but there are also smaller ones that can be done in one lunch hour. We have word searches, crosswords and access to puzzles online too. Come along and make some new friends. Puzzle club happens on Tuesdays at lunch.

Chess Club

Come and take on our grand master Edward. If you don't win you will at least pick up some moves that you can use. It's great for quiet time in the library or meeting new friends. Every Wednesday lunch.

Book Club

New for this term. Book Club is starting at Thursday lunch times in the library. You need to register with Miss Radley for this one as we only have a limited number of books. Our first choice is The Haunting of Aveline Jones and it's fantastic! Perfect for those spooky Autumn nights.

History Club (Mondays in H3)

In History Club we do a variety of things related to the joys of History! Currently, we are planning activities for the Year 6 Open Evening and would appreciate any ideas or help!

Debate Club (Fridays in H3)

Debate Club allows you to debate the issues of the day in the style of the House of Commons. It helps you develop your skills of arguing and builds confidence, as well as helping you with some extra knowledge for your PPE/Citizenship lessons!

MFL film club

Every Thursday lunchtime in L3 to watch a film in a foreign language with English subtitles.

PE Extra Curricular clubs

PE extra-curricular clubs will start next week. All lunchtime clubs will be done in the school GYM (unless stated otherwise), for these clubs' students only need to change their footwear (unless taking part in our competitive sports we run throughout the such as football games and interform competitions).

Full details can be seen on the next page.

After school sessions require students to change for the activity, these will start at 3.20 (students come to the changing rooms straight after school) and the session will finish at 4pm. It is the student's responsibility to communicate with parents if they are attending a PE club and arrange an appropriate way of getting home.

Fixtures – if students are selected to represent the school at a competitive fixture against other schools they will be notified with at least a weeks' notice and details will be given via a letter to take home to parents.

Gym Club (Tuesday Afterschool)

Whether it's working on your cardiovascular fitness or you're wanting to build muscle, this will happen in the new fitness suite. Machines and weights available to use with also a start up initiation on how to use the equipment safely. Come along and bring your friends!

In the Community

The next **FREE Local Offer SEND Roadshow** is taking place at **County Hall** later this month:

- **Thursday 24th September**
- **17.00 – 19.30pm**
- **Members Lounge, County Hall. Glenfield, LE3 8HD**

This is an event that encourages children and young people to attend with their parents/carers and have some fun!

As well as the usual information stalls there will also be exciting 'have a go' activities to get involved with, delivered by colleagues from Leicestershire Youth and Justice Service as well as partners of the Local Offer.

The Roadshow brings together information and services which support families of children and young people with special educational needs and disabilities, all in one place.

It provides an opportunity to meet and chat with representatives from Leicestershire County Council and its partners, face to face.

Leicestershire Local Offer
Special Educational Needs
and Disabilities Roadshow



**Thursday
24th September**

17.00 - 19.30

County Hall, Glenfield, LE3 8HD



**Come along with your child/young person to
have a go at activities and find out about
Local SEND services and support
in your area.**

The Roadshow brings together information and services which support families of children and young people with special educational needs and disabilities (SEND) all in one place. A chance to meet and chat with representatives from Leicestershire County Council and its partners.

Please book your **FREE** tickets via:
leicestershire.gov.uk/local-offer-roadshows

Scan here
to book tickets



To find out more about the SEND
Local Offer in Leicestershire please visit:

leicestershire.gov.uk/send

PE and Sports Clubs

	Lunch Turn up and play	After School (3.15 – 4.10)
Monday	GCSE Theory support (PE1) (AD LM)	
Tuesday	Year group Football – Astro (DW)	KS3 Fitness (fitness suite) (HC) Fixtures (Netball/Football)
Wednesday	NEA – Project support (DW) Badminton Hall (AD)	KS 3 Football (Astro) (AD)
Thursday	Netball Club (GYM) (LM)	Fixtures (Netball/Football) KS4 BOYS FITNESS (Fitness suite NB/PD)
Friday	GCSE Ever-learner catch up (PE1) (AD)	

Parent Cheat Sheet

Resetting Children's Algorithms

A simple guide for parents and carers who want to calm down, clean up and retrain what children see on YouTube, Snapchat, TikTok, Instagram and Facebook.

Important: There is no magic button that removes every recommendation forever. A reset helps clear or reduce old signals, but the app will quickly learn again from what your child watches, pauses on, likes, saves, shares, searches for and comments on.

The 5-minute reset rule

Before you start on any platform, do these four things:

1. Unfollow, unsubscribe or remove accounts that are pushing unhelpful, upsetting, addictive or inappropriate content.
2. Clear or reset watch history, search history or suggested content where the app allows it.
3. Use "Not interested", "Hide", "Don't recommend", "See less" or similar controls every time unwanted content appears.
4. Spend 10 minutes deliberately searching for and watching better content, so the app starts receiving healthier signals.

Platform	Best reset action	Ongoing habit
YouTube	Delete or pause watch and search history; use Not interested / Don't recommend channel.	Avoid hate-watching and search for positive interests.
TikTok	Use Refresh your For You feed and Manage topics.	Press and hold videos, then choose Not interested.
Instagram	Use Reset suggested content; review followed accounts.	Use Not interested and word controls.
Snapchat	Hide Discover/Spotlight content; unfollow Stories; use Family Centre controls.	Keep hiding unwanted content and avoid repeatedly opening it.
Facebook	Use Feed/content preferences; hide, unfollow, snooze or mark Not interested.	Use Feeds/Most recent where available for less personalised viewing.

YouTube

To reset YouTube recommendations:

1. Open YouTube.
2. Tap the child's profile picture.
3. Tap Settings.
4. Tap Manage all history.

5. Delete watch history and search history.
6. Go back to the YouTube Home page.
7. On unwanted videos, tap the three dots.
8. Choose Not interested or Don't recommend channel.
9. Search for and watch positive content the child actually wants more of.

To make YouTube less personalised:

1. Go to the child's YouTube history settings.
2. Pause watch history and/or search history.
3. Explain that this may make the Home feed less personalised, but can reduce the strength of recommendations.

Parent tip: YouTube recommendations are heavily shaped by watch history. Watching a video all the way through, replaying it, or watching several similar videos can quickly rebuild the same pattern.

TikTok

To refresh the TikTok For You feed:

1. Open TikTok.
2. Tap Profile.
3. Tap the Menu button.
4. Tap Settings and privacy.
5. Tap Content preferences.
6. Tap Refresh your For You feed.
7. Follow the instructions on screen.

To teach TikTok what to show less of:

1. When an unwanted video appears, press and hold the video.
2. Tap Not interested.
3. Repeat this every time similar content appears.
4. Go to Content preferences and use Manage topics to reduce topics that are causing problems.
5. Search for and interact with healthier topics for the next few days.

Parent tip: Do not let children "watch it just to see what happens". TikTok can treat repeated viewing, pausing, rewatching and comment-reading as interest.

Instagram

To reset Instagram suggested content:

1. Open Instagram.
2. Go to the child's Profile.
3. Tap the Menu button in the top right.
4. Under What you see, tap Content preferences.
5. Tap Reset suggested content.
6. Follow the instructions on screen.
7. Review the accounts the child follows and unfollow accounts that are part of the problem.

To reduce unwanted Instagram content:

1. On a Reel, post or Explore item, tap the three dots.
2. Tap Not interested.
3. Where available, choose Don't suggest posts with certain words.
4. Add words, phrases or emojis linked to content you want to reduce.
5. Use Snooze suggested posts if the option appears and you want a temporary break from suggestions.

Parent tip: Instagram will rebuild suggestions over time. The reset is most useful when it is followed by several days of different behaviour.

Snapchat

To clean up Snapchat Discover and Spotlight:

1. Open Snapchat.
2. Go to the Stories, Discover or Spotlight area.
3. Press and hold a Story, Show or tile the child does not want.
4. Tap Hide this Content, Hide or a similar option if shown.
5. Repeat this for unwanted tiles or topics.

To unfollow accounts or Stories:

1. Go to the Stories screen.
2. Tap the three dots or manage option.
3. Tap Manage Accounts I Follow if available.
4. Remove accounts or Stories that are not helpful.
5. Use Family Centre and turn on Hide Sensitive Content for teenagers where appropriate.

Parent tip: Snapchat does not appear to have one single “reset my algorithm” button. The practical reset is hiding unwanted content, unfollowing, clearing selected data/cache where available, and using Family Centre content controls for teens.

Facebook

To clean up Facebook Feed:

1. Open Facebook.
2. When an unwanted post appears, tap the three dots.
3. Choose Hide post, Snooze, Unfollow or Not interested.
4. Repeat this whenever similar content appears.
5. Go to Menu, then Settings and privacy, then Settings.
6. Look for Feed preferences or Content preferences.
7. Manage favourites, unfollowed people/pages, snoozed people/pages/groups and suggested content preferences.

To make Facebook less algorithmic:

1. Use the Feeds tab or Most recent view where available.
2. Review pages, groups and people the child follows.
3. Leave or mute groups that repeatedly push unhelpful content.
4. Use Not interested to reduce similar suggested content.

Parent tip: Facebook is not designed as a children’s platform. If a child is under the minimum age for the service, the safer conversation may be about account removal rather than feed management.

What parents can say to children

“Your apps learn from what you give attention to. Even watching something you hate can teach the app to show you more of it. So we are going to help your feed calm down. We’ll remove some history, press ‘not interested’ on things you don’t want, unfollow accounts that make you feel worse, and then deliberately search for better content so the app learns a new pattern.”

The golden rule

Do not just clear settings and hand the phone back. For the next few days, encourage the child to:

- skip unwanted videos quickly;
- avoid hate-watching or doom-scrolling;
- use Not interested, Hide or See less every time;
- search for positive interests;
- follow healthier creators;
- take regular breaks from endless feeds.

A reset is not a one-off button. It is a short retraining period.

Source note

This handout is based on current official platform help guidance checked in July 2026. App menus change regularly, so some labels may vary slightly by device, app version and account type.

- YouTube Help: Manage your recommendations and search results
- YouTube Help: How YouTube recommendations work
- TikTok Help: Refresh your For You feed
- TikTok Help: Manage topics
- Instagram Help: Reset your suggested content
- Instagram Help: Hide suggested posts in your Feed
- Snapchat Help: Restrict content for your teen in Family Centre
- Facebook Help: Suggested content and Feed/content preferences
- Facebook Help: Feeds tab and recent posts