CASTLE DONINGTON COLLEGE

WEEKLY PARENT BULLETIN

Working Together, Achieving Together



30th October 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

WORD HARD | TAKE RESPONSIBILITY | BE KIND

KEY INFORMATION FOR NEXT WEEK

Health-Related Behaviour Survey

Over the coming month, pupils will be invited to take part in an anonymous and confidential Health-Related Behaviour Survey on behalf of the Local Authority. The survey covers topics such as wellbeing, healthy lifestyles, relationships, exercise, and online and health-related behaviours. The information collected helps schools and public health teams to better understand young people's needs and to inform future support and curriculum planning.

No individual pupil or school will be identified in the published results. A copy of the questionnaire is available to view on request.

If you have any questions or would like further information, please contact Mr Nelson via postroom@cdcollege.uk.

If you do not wish your child to take part, please notify the school before the survey takes place.

CDC Rewards

Please see advance details below of our next rewards celebration event.



HAF eligibility 2026/27- A short guide for parents and carers

Looking for a funded Holiday Activities and Food (HAF) place from winter 2026? Here's what you need to know.

What changed in September 2026?

From September 2026, Free School Meals (FSM) became available to children in all households receiving Universal Credit, regardless of income. However, receiving Free School Meals does not automatically mean your child qualifies for a funded HAF place.

HAF is still focused on Targeted Free School Meal criteria, not those on expanded FSM.

Can my child get a funded HAF place?

From September 2026, the **existing HAF eligibility rules** still apply:

Receiving Universal Credit with an annual household income of £7,400 or less?

Your child receives free schools meals and remains eligible for a funded HAF place. ✓

If your annual household income is above £7,400: your child may receive Free School Meals but will not qualify for a funded HAF place under the standard criteria. ✗

Unsure? Ask your local authority to confirm your child's eligibility.

Why does my child no longer qualify?

Some children who attended HAF before may now be ineligible, even if they still receive Free School Meals.

This is because **Transitional protections**, that were in place since 2018, ended after the 2025/26 school year. These protections allowed some children to keep Free School Meals and HAF eligibility even when their family's circumstances changed.

What other support is available?

If your child no longer qualifies for HAF, you can explore:

Paid holiday clubs: places may be available, including at clubs offering HAF-funded places.

Tax-Free Childcare: depending on your circumstances, this may help with childcare costs. https://www.gov.uk/tax-free-childcare

Local support: check your council website for other holiday activities, childcare and family support. https://www.leicestershire.gov.uk

YEAR GROUP SPECIFIC INFORMATION

Year 7	**Pastoral Support** 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 7 Maths** As an additional support to pupils Maths club has now started. Maths club runs every week on a Tuesday after school 3.15pm–4.15pm in the maths department. All pupils are welcome to attend. Maths teachers will be at these sessions to help and support pupils with any difficulties they may be having within the subject.
Year 8	**Pastoral Support** 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 8 Maths** As an additional support to pupils Maths club has now started. Maths club runs every week on a Tuesday after school 3.15pm–4.15pm in the maths department. All pupils are welcome to attend. Maths teachers will be at these sessions to help and support pupils with any difficulties they may be having within the subject.
Year 9	**Pastoral Support** 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 9 Maths** As an additional support to pupils Maths club has now started. Maths club runs every week on a Tuesday after school 3.15pm–4.15pm in the maths department. All pupils are welcome to attend. Maths teachers will be at these sessions to help and support pupils with any difficulties they may be having within the subject.

Year 10	**Pastoral Support** 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. **PSHEE**-In PSHEE, we will be exploring breast and testicular cancer awareness, signs and how to check for concerns. Students will be briefed this week ahead the lesson on Monday 2nd November. Please chat to your young person ahead of this. If you have any concerns please contact your child's tutor. **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). **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. **Spanish exam skills sessions** All pupils studying Spanish are invited to these sessions every Wednesday or Thursday lunchtime in L1. We will focus on a different skill each week. A list of the revision sessions will be outside L1 for further info. **GCSE PE** All students that ordered kit over the summer should now have their GSCE PE kit to be worn in all practical PE lessons. If any more kit needs ordering here is the link Castle Donington College - GCSE Students have also been given their online Ever-Learner login details, this is where we set all GCSE PE weekly homework. Here is a link to a video explaining how to access and use this online platform Using The EverLearner: A guide for parents and guardians

	Here is a student video on how to best use the platform A student guide on how to use The EverLearner (PE&Sport with ExamSimulator) All Y10 GCSE PE students should have submitted section 1 of their NEA (Skill strength analysis), they have now been given section 2 to complete and will have their introduction lesson for this in the coming week. Section 2 is their skill weakness analysis and the deadline is Monday 4th January (students can submit via email to dwoolf@cdcollege.uk). All Y10 GCSE PE students will be completing their 1st mid unit assessments in both paper 1 (next week) and paper 2 (in 2 weeks). **GCSE Maths** As an additional support to pupils Maths club has now started. Maths club runs every week on a Tuesday after school 3.15pm–4.15pm in the maths department. All pupils are welcome to attend. Maths teachers will be at these sessions to help and support pupils with any difficulties they may be having within the subject.
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. **November Mock Exams** The timetable for these can be seen at the end of this week's bulletin. Individual timetables have been given to pupils. **Textiles and Art coursework catch-up sessions. UPDATE!** 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). **From now until Christmas these students will also have access on Monday lunchtime and Friday lunchtime.** **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.

Spanish exam skills sessions
All pupils studying Spanish are invited to these sessions every Wednesday or Thursday lunchtime in L1. We will focus on a different skill each week. A list of the revision sessions will be outside L1 for further info.

GCSE PE
NEA – The final NEA deadline is Tuesday 5th January, this will be a final deadline for all 6 sections to be completed and submitted to Mr Woolf via email.

As in Y10 all GCSE PE homework is set through our online learning platform – The Ever-Learner. This is set weekly and ALL students have this set every week. They can also work through all of the topics as they wish.

Here is a link to the parent video on how the platform works

Using The EverLearner: A guide for parents and guardians - YouTube

Here is a student guide on how to get the best from the platform

A student guide on how to use The EverLearner (PE&Sport with ExamSimulator)

VOLLEYBALL MODERATION – Y11 GCSE PE students will complete their final volleyball exam on Wednesday 11th November

Practical video evidence -
Just a reminder about external video evidence – this is due by the end of February half term (please submit before if you can). It needs to show the student performing the key skills of the sport and then an approx. 20min video of them performing in a full context situation (game) at the highest level of competition possible. Any questions about the evidence then please contact Mr Delaney or Mr Woolf.

GCSE Maths
As an additional support to pupils Maths club has now started.
Maths club runs every week on a Tuesday after school 3.15pm–4.15pm in the maths department.
All pupils are welcome to attend. Maths teachers will be at these sessions to help and support pupils with any difficulties they may be having within the subject.

	GCSE SCIENCE All students (Triple and Combined) are invited to science revision sessions on Wednesday lunchtimes and Thursday after school with Mr Brown in S2. *Wednesday (1345-1410) - Revision clinic* An opportunity to bring questions and past papers for support or going over concepts that you are struggling with *Thursday (1515 – 1600) - Exam style practice* A short tutorial going over key concepts and then put the knowledge into practice with some guided exam style questions. All revision sessions will focus on paper 1 content until after the Christmas break **GCSE History** Year 11 historians now have access to two extra weekly revision sessions. These are: • Wednesday lunchtimes in H3 • Thursday after-school in H3

Year 10-11 French Skill Sessions

Date	Skill practice/focus	Tier
Tuesday 3rd November	Speaking photo card	F + H
Tuesday 10th November	Writing 90 words	F + H
Tuesday 17th November	Reading, translation into English	F only
Tuesday 24th November	Reading, translation into English	H only
Tuesday 1st December	Listening, dictation	F + H
Tuesday 8th December	Speaking conversation, answering questions	F + H
Tuesday 15th December	Writing, translation into French	F only
Tuesday 5th January	Writing, translation into French	H only
Tuesday 12th January	Speaking, pronunciation practice	F + H
Tuesday 19th January	Listening practice	F + H
Tuesday 26th January	Reading practice	F + H
Tuesday 2nd February	Writing photo task and 50 words	F only
Tuesday 9th February	Speaking read aloud	
		F + H
Tuesday 23rd February	Speaking photo task	F + H
Tuesday 2nd March	Speaking role play	F + H
Tuesday 9th March	Speaking conversation	F + H
Tuesday 16th 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 6th April	Speaking-all tasks	F + H
Tuesday 13th April	Reading practice	F + H
Tuesday 20th April	Listening practice	F + H
Tuesday 27th April	Dictation practice	F + H
Tuesday 4th May	Translation into English	F + H
Tuesday 11th May	Writing, verbs and tenses	F + H
Tuesday 18th May	Writing 150 words	H only
Tuesday 25th May	Translation into French practice	F + H

Spanish skill sessions take place on Wednesday and Thursday of the weeks above, covering the same skills.



MFL SPELLING BEE RAFFLE WINNERS





French		Spanish	
Josh	7MW	Milly C	7RB
Ashley	7RB	Emilia	7NS
Toby	7PW	Max	7MW
Olivia	7NS	Zuzanna	7RB
Anaiya	7SA	Aislinn	7SA
Moris	8GT	Penny	8NN
Bethany	8NN	George	8ER
Sam	8GT	Benji	8CJ
Spencer	8LED	Eva	8LED
Lillie	8ER	Richard	8GT
Isobel	9Y2	Iysla	9Y1
Stanley	9Y2	Eleanor	9X3
Sam	9Y2	Brendon	9X3
Amelia	9X1	Jamie	9X2
Alex	9X1	Izzy	9X2

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.
Please note on the third day of absence, the Attendance Officer will conduct a home visit.

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.

New School Facebook Page

We have recently launched our new school Facebook page, which you can find **here** and will be used to share important school updates, reminders, key dates, and information with our school community.

Please note that the Facebook page is intended as a one-way communication channel for school announcements. We do not monitor the page for enquiries, and any comments or messages sent via Facebook will not receive a response. If you need to contact the school, please do so using our usual communication channels

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.

Please note that pupils bring mobile phones and other personal electronic devices to school at their own risk. While we will take reasonable steps to safeguard any item that has been confiscated by a member of staff, the school cannot accept responsibility for the loss, theft, damage or misplacement of mobile phones or other personal devices brought onto the school site.

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/QyKDZlHmAkI

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)

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.

Calling Local Businesses – Help Shape Our Students' Futures

We are keen to strengthen our links with local businesses and employers so that our students can gain a better understanding of the world of work and the exciting opportunities available to them.

As part of our Careers Programme, we are looking to build meaningful partnerships with local employers who can support our students through careers talks, workplace visits, work experience, mentoring, skills sessions and information about Post-16 pathways.

Working with employers is an important part of our careers provision and supports the Gatsby Benchmarks, helping students connect what they learn in school with real careers and future opportunities. It can also help students develop their aspirations, understand the skills employers value and make more informed decisions about their next steps after Year 11.

Do you own or work for a local business that would be interested in supporting our students? Or do you know a local employer who might be keen to get involved?

We would love to hear from you. Please complete our short Google Form to register your interest. There is no obligation to commit to anything at this stage — we are simply looking to build a network of local employers who may be able to support our students in the future.

Together, we can help our students understand the opportunities available to them and prepare for their next steps beyond school.

Careers Support – Fill in form

Careers and Future Pathways

Explore University and Future Career Opportunities

We are pleased to share two upcoming online events hosted by De Montfort University (DMU). These sessions offer students an opportunity to explore potential career pathways, learn more about university study and hear directly from university lecturers about their professions.

From Ideas to Buildings: Your Journey to Becoming an Architect

Thursday 29 October 2026 | 4:30–5:15pm

What does it take to become an architect? Students can discover more about the profession, explore routes into architecture and learn about the different study pathways available at De Montfort University.

Join Shirish Joshi, Senior Lecturer in Architecture, to find out what studying architecture at university is like and how to take the first steps towards a career in the profession.

Book your place: https://bit.ly/4sc7Eci

When Universities Meet Prisons: A Criminological Conversation

Thursday 12 November 2026 | 4:30–5:15pm

Are you interested in crime, the criminal justice system or understanding why people offend? This session explores how criminology helps us understand crime, punishment and rehabilitation.

Hear from De Montfort University's senior lecturers Ross Little and Dr Xiaoye Zhang as they share insights into their careers, experiences and the opportunities available to students interested in studying criminology.

Book your place: https://bit.ly/4ie25Wp

Why take part?

These events are a great opportunity for students to broaden their horizons, explore subjects they may wish to study in the future and learn more about the qualifications and pathways needed to pursue different careers.

We encourage interested students and parents/carers to explore these opportunities together and take the next step towards discovering future possibilities.

Year 8 Careers: Exploring Career Journeys

As part of their careers education, Year 8 students will be given a task to complete by talking to family members, friends and other people they know about their career journeys.

Students will be encouraged to find out about the different pathways people have taken, including questions such as:

- Did you go to university or choose a different route into employment?
- Have you started your own business?
- Have you changed careers or retrained for a different job?
- Did you always know what career you wanted to pursue?
- What experiences or opportunities helped you along the way?

The aim of this activity is to help students understand how career journeys can differ between individuals and generations. It will encourage them to recognise that there is no single route to a successful career and that people's aspirations, opportunities and circumstances can change over time.

Students will use what they discover to start discussions in their careers lesson on **Monday 2rd November**. We would appreciate your support in encouraging your child to speak to a range of people and discover the different experiences, choices and opportunities that have shaped their careers.

School Council Meeting Schedule

Year Group	Meeting Details
Full Council	Monday 2 November 2026 9:20am - 9:50am (Hall)
Year 11	Monday 9 November 2026 9:20am - 9:50am (Hall)
Year 10	Monday 16 November 2026 9:20am - 9:50am (Hall)
Year 9	Monday 23 November 2026 9:20am -9:50am (Hall)
Year 8	Monday 30 November 2026 9:20am - 9:50am (Hall)
Year 7	Monday 7 December 2026 9:20am - 9:50am (Hall)

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/Lego 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. This term we've also introduced Lego builds, so come and join in or bring your own. Come along and make some new friends. Puzzle club happens on Tuesdays at lunch.

Appeal: We would love some new puzzles for our puzzle box so if you have any old ones stashed in a toy cupboard or loft, we would love to take them off your hands.

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.

Quiet Reading/Study Time

New for this term. Quiet reading and study time is proving popular on Thursday lunch times in the library. You need to register with Miss Radley for this one as we only have a limited number of spaces.

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 are now underway. 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 at the end of the Bulletin.

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 After school)

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!

Warhammer Club

Wednesday after school in the hub for all years, welcome to veterans and new players alike. Space and advice for building, painting and playing the game with regular competitions. For more information about the club speak to Mr Bell, for more information about the hobby check the following Leader Resources – Games Workshop | Warhammer Alliance. *Current Painting competition has closed, next one starts 4/11/26. Phoenix Open Competition draw will be 4/1/26.*

Health and Behaviour related survey

Over the next few weeks pupils will take part in a survey ran by the Local Authority Children's Services and Public Health. These will take part in pupils Personal Development or Computing lessons. Each survey is confidential and anonymous. The data the school will receive will be for each year group and compared against the rest of the Leicestershire schools taking part. This will help inform planning of curriculum resources and identify strengths and areas for development across a wide range of health and behaviour related topics. Please contact the post room if you have any questions.

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)	

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Is my child too ill for school?

A quick guide for parents and carers

It can be tricky deciding whether to keep your child off school when they are unwell. This guide summarises NHS and government advice on common illnesses.

When your child should stay at home

High temperature

Keep your child off school until their high temperature has gone.

Vomiting and diarrhoea

Stay off school until at least 48 hours after the last episode of vomiting or diarrhoea.

Chickenpox

Stay off until all spots have crusted over, usually about 5 days after the spots first appear.

Impetigo

Seek treatment from a pharmacist or GP, often with antibiotics. Stay off until sores have crusted over and healed, or for 48 hours after starting antibiotics. Wash hands regularly; do not share towels or cups.

Measles

Contact a GP and call before visiting, as measles spreads easily. Stay off for at least 4 days from when the rash first appears. Avoid close contact with babies, pregnant people and anyone with a weakened immune system.

Scarlet fever

See a GP for antibiotics. Return 24 hours after starting antibiotics. Without treatment, children can be infectious for 2 to 3 weeks.

Ear infection

With a high temperature or severe earache, keep your child off until they feel better or their high temperature goes away.

Feeling anxious or worried

Anxiety can cause tummy aches, headaches and problems eating or sleeping. Avoiding school can make anxiety about attending worse. Talk about worries such as bullying, friendships, schoolwork or sensory problems, and work with the school to find support. If difficulties persist and affect daily life, speak to your GP or school nurse.

NHS advice: helping children with anxiety ↗

Usually able to attend, if well enough

Coughs, colds and sore throats

Mild symptoms are usually compatible with school if your child is otherwise well and has no high temperature. If they have a high temperature, keep them at home until it goes away. A sore throat with a high temperature can be tonsillitis. Dispose of used tissues and wash hands regularly.

Cold sores

No need to stay off. Avoid touching the blister, kissing others or sharing cups and towels.

Conjunctivitis

No need to stay off unless very unwell. Get advice from a pharmacist; avoid rubbing eyes and wash hands regularly.

Hand, foot and mouth disease

No need to stay off if well enough to attend. Dispose of used tissues straight away and wash hands regularly.

Head lice and nits

No need to stay off. Treatment is available without seeing a GP.

Ringworm

See a pharmacist, or a GP if it affects the scalp. Your child can attend once treatment has started.

Slapped cheek syndrome (fifth disease)

No need to stay off: once the rash appears, children are no longer infectious. Let the school know if you suspect slapped cheek syndrome.

Threadworms

No need to stay off. Speak to a pharmacist for treatment.

Keep the school informed

If your child stays at home, notify the school on the first day and explain why. If they attend with an infection that can spread, such as cold sores or head lice, let the school know.

Further guidance • click the condition headings for NHS advice

NHS: Is my child too ill for school? | GOV.UK: infectious disease exclusion guidance

Guidance checked: 1 October 2026

YEAR 11 AUTUMN MOCK

November 16th - 26th

	Start	Duration	Component Title
Mon 16th Nov	09:15	1hr 30	Maths Paper 1 - Higher (Non-calculator)
	09:15	1hr 30	Maths Paper 1 - Foundation (Non-calculator)
	13:15	1hr 20	Music Listening
Tue 17th Nov	09:15	2hr 15	English Literature
Wed 18th Nov	09:15	1hr 30	Option C: Geography
	09:15	1hr 45	Option C: Citizenship
	09:15	1hr 30	Option C: History
	09:15	1hr 15	Option C: Child Development
Thu 19th Nov	09:15	1hr 15	Option D: PE
	09:15	1hr 30	Option D: Design
	09:15	1hr 45	Option D: Citizenship
	13:15	1hr 15	Combined Science Biology Paper 1 - Higher
	13:15	1hr 15	Combined Science Biology Paper 1 - Foundation
	13:15	1hr 45	Biology Paper 1- Higher
	13:15	1hr 45	Biology Paper 1- Foundation
Fri 20th Nov	09:15	2hr 05	English Language
Mon 23rd Nov	09:15	1hr 30	Maths Paper 2 - Higher (Calculator)
	09:15	1hr 30	Maths Paper 2 - Foundation (Calculator)
	13:15	1hr 30	Option A: History
	13:15	1hr 30	Option A: Geography
	13:15	1hr 15	Option A: PE
	13:15	1hr 10/15	Option A: French Written Paper F and H
	13:15	1hr 10/15	Option A: Spanish Written Paper F and H
Tue 24th Nov	09:15	1hr 15	Combined Science Chemistry Paper 1 - Higher
	09:15	1hr 15	Combined Science Chemistry Paper 1 - Foundation
	09:15	1hr 45	Chemistry Paper 1- Higher
	09:15	1hr 45	Chemistry Paper 1- Foundation
Wed 25th Nov	09:15	1hr 15	Combined Science Physics Paper 1 - Higher
	09:15	1hr 15	Combined Science Physics Paper 1 - Foundation
	09:15	1hr 45	Physics Paper 1- Higher
	09:15	1hr 45	Physics Paper 1- Foundation
	13:15	35/45 min	French Listening- F/H
	13:15	45min/1hr	French Reading F/H
	13:15	35/45 min	Spanish Listening F/H
	13:15	45min/1hr	Spanish Reading F/H
Thu 26th Nov	09:15	1hr 45	Option B: Food
	09:15	1hr 30	Option B: Computer Science
	09:15	1hr 30	Option B: Design
	09:15	1hr 30	Option B: Media
Fri 27th Nov	SCHOOL CLOSED		

SOCIAL PRESCRIBER SATURDAYS

Need support for your child/young person?

Come along and have an informal chat with our Social Prescribing Link Workers for both Families and SEND Families.



First Drop-In Session

24th October

2:00pm

Castle Medical Group
Ashby De La Zouch

Or book a 1:1 appointment
Available Saturday Mornings

We can help with:

- Navigating SEND services
- School, EHCP and education support
- Benefits and finances
- Housing concerns
- Accessing local services and activities
- Parent/carer wellbeing support
- Connecting with community groups and resources
- Finding the right support for your family

FREE FRIENDLY CONFIDENTIAL

No diagnosis needed

Parents and carers welcome

Social Prescribing Link Workers North West Leicestershire -

Sally Taylor

Linda Hall

01530 831645 (option 2)

NWL GP Federation
Working together for our patients

"Helping families find the right support, at the right time." 💙

Leicestershire Local Offer
Special Educational Needs
and Disabilities Roadshow

Leicestershire County Council

Wednesday 4th November

10.00am - 13.00pm

Whitwick & Coalville Leisure Centre, LE67 3FE

Come along 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

Education, Inclusion and Additional Needs
Live your best life

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

leicestershire.gov.uk/send

Free ADHD Support for Parents/Carers, Children and Young People

For families living in Leicestershire County

Workshops for parents / carers of children and young people under 19

Suitable for any stage of the ADHD journey, **THRIVE** workshops focus on understanding ADHD and applying this knowledge to real life struggles.

Workshops for children and young people under 19 who have an ADHD diagnosis

THRIVE workshops help children and young people to understand what ADHD means for them.

Peer Support Groups for parents / carers

CONNECT groups are held monthly in each borough or district of the County, and are suitable for any stage of the ADHD journey. Meet other families, learn and share with people who 'get it'.

Scan this QR code or visit our website to find out more and book your place



headsupleicester.org.uk/ADHD

Leicestershire County Council

HEADS UP

Supporting families through life's challenges

Thrive
ADHD Workshops

For Parents and Carers

Understand ADHD. Support your child. Help your family thrive.

HEADS UP
Supporting families through life's challenges

Do you have a child or young person who may have ADHD, is waiting for an assessment, or has been diagnosed? Join our FREE two-part workshops to:

- Understand how the ADHD brain works
- Learn practical strategies for home life
- Build confidence in supporting your child
- Connect with other parents and carers

Understand ADHD. Gain practical tools. Help your family thrive.

Follow us on social media for the latest updates from Heads Up Leicester! Information can also be found on our website. Scan the QR codes below.

Scan this QR code for THRIVE information

Practical support for real family life.

www.headsupleicester.org.uk/adhd

Commissioned by Leicestershire County Council for families living in Leicestershire County.

Leicestershire County Council

Follow us for our latest updates!

@headsupleicester

The Grove Community Hub
Cort Crescent
Leicester
LE3 1QZ

