Castle View Academy
The best in everyone™
Part of United Learning

Class of 2027
Fortnightly Newsletter

Date, 13th November 2026

Dear Year 11 Parents and Carers,



We are now halfway through the Year 11 mock examination period, and I wanted to take this opportunity to thank students for the mature and positive way they have approached this important stage of their GCSE journey.

The vast majority of students have impressed us with their commitment and determination to these mocks. Over 70 students turned up each day over half term for Science, English and Maths revision, and attendance at the morning breakfast revision, Period 5s and night-before Teams calls has been excellent. A huge well done to everyone who is dedicating themselves to being prepared for these mocks, and a reminder that those who do show up are putting themselves at a significant advantage over those who don't.

As part of our ongoing support for students, we recently delivered an assembly on managing exam stress and maintaining positive wellbeing during the mock period. We talked about the fact that feeling stressed is a normal response to challenging situations. Whilst a degree of stress can help us stay focused and motivated, it can sometimes feel overwhelming if it is not managed effectively.

Students were encouraged to use a range of practical strategies when they begin to feel anxious or under pressure, including:

- Using breathing techniques to calm their bodies and slow anxious thoughts.
- Getting outside, exercising and staying active.
- Challenging negative self-talk and replacing it with positive messages such as,"I can get through this","This feeling is temporary" and"I can do hard things."
- Thinking about people, places or memories that help them feel calm and safe.
- Naming and recognising their emotions rather than ignoring them.
- Talking to friends, family members or trusted adults for support.
- Maintaining healthy sleep routines, as adequate sleep helps reduce stress levels.
- Reducing excessive screen time, particularly before bed.
- Asking for help when they are struggling rather than trying to cope alone.

We also discussed some habits that can make stress worse, such as missing school, avoiding problems, allowing negative thoughts to take over, staying up late and failing to prepare. One key message from the assembly was that the most effective way to reduce exam stress is to feel prepared. This is one of the main reasons we run mock examinations and additional revision opportunities, helping students build confidence and familiarise themselves with exam conditions. It is becoming more and more clear as we move through the year that those who are investing time in their studies outside of the classroom are feeling most prepared and able to achieve.

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Importantly, students were reminded that resilience is not something people are simply born with; it is a skill that develops through facing challenges and persevering. Every revision session attended, every homework completed and every small effort made contributes to their final outcomes. Consistency really is key.

Thank you, as always, for your continued support at home. The encouragement, routines and reassurance you provide play a vital role in helping students navigate this busy period successfully. We look forward to seeing them continue their hard work throughout the remainder of the mock examinations.

Yours faithfully,

Rebecca Tribe
Raising Standards Lead, Class of 2027
Rebecca.tribe@castleviewacademy.org.uk

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Dates for the Diary

20th November - Mocks finish
10th December - Year 11 Progress Evening / Mock Results Reveal
18th December - Final Day of Term

Celebrating success

Alicia C – For fully dedicating yourself to your exam preparation and persevering even when things feel difficult.
Finnley C – Thank you for representing Year 11 at the Remembrance event and stepping in to help on the proud table this week.
Alexis L-S – Well done for being such a committed student and for stepping in to help on the proud table this week.
Lisa D – For being an exceptionally committed and hardworking student as well as a polite and respectful individual.
Brenna N – For always seeking feedback on work completed outside of school and putting it into action!
Aidan L – Thank you for always being so polite and respectful and for consistently trying hard in your lessons.
Taylor F – Thank you for representing Year 11 at the Remembrance event and for being such a respectful, positive role model in the school.

'Choices Change Futures'

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