



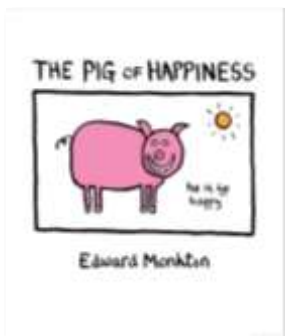
High Notes

Primary High Notes Friday 20th September 2024

Dear Parents

In my primary assembly yesterday, I had the pleasure of sharing one of my favourite stories with the children - The Pig of Happiness by Edward Monkton. It is a simple yet wonderful tale about a pig who decides one day that he will be happy, and in doing so, spreads happiness to everyone around him. His joy becomes contagious, transforming the entire farmyard.

The message is a powerful one: happiness, like kindness, can be shared. Just as the Pig of Happiness chose to bring joy to others, we too can make choices that uplift those around us. I encouraged the children to think about how small acts of happiness - whether a smile, a kind word, or a thoughtful gesture - can brighten someone's day.



As we look towards Peace One Day tomorrow, 21st September, this idea of spreading positivity and joy aligns beautifully with the broader theme of peace. Just as happiness can ripple through a community, so can peace. Whether in the way we treat one another or in our efforts to create harmony at school and at home, each of us has the power to make a difference. I invite you to join us in this reflection. Let's encourage our children to think about how they can foster peace in their friendships, their families, and even within themselves. Peace is not just a lofty ideal; it is something we can build, one thoughtful choice at a time.

Best wishes,

Amy Chapman

Head

Year 2 Superhero Day

The Year 2 classrooms and corridor were filled with excitement on Friday when the children came to school dressed as superheroes! We had a wonderful selection of both fictitious and 'real-life' superheroes, from both modern times and the past! There were Marvel characters, vets, NHS workers and even Marie Curie, who the children have been learning about as part of their history work on significant individuals. During the day, we created a superhero multiplication display, our very own 'Array City', as a year group. The children also worked in groups to write acrostic 'Superhero' poems and then we finished the day with 3 superhero challenges, which involved the children working collaboratively to solve word and number-related problems in a battle against the clock! We all had a wonderful day and the children will continue their work on 'Superheroes', including significant individuals from the past, as part of their English and history work this term.



Year 3 Roald Dahl Day

Year 3 have had an amazing Roald Dahl day on Wednesday. It was so great to see the children dress up as characters from his stories, from the quirky and clever to mischievous and hilarious! The children loved being dressed up as their character whilst carrying out some interesting tasks including our STEM activity of creating a stand for the 'glass elevator'. The children showed excellent collaboration and problem-solving skills in order to engineer a tower made of paper, to support the weight. What a fun day we had!



Year 5 Anglo Saxon Day

Yesterday, our Year 5 pupils were taken back to the Anglo-Saxon period, where they have learnt all about the daily lives of the Saxons, how they arrived here and why they decided to stay! From learning how to weave, to creating their own clay brooches, the children have been hooked by the new skills that they have learnt! For lunch, we were treated by our wonderful catering team, to a fully immersive feast! The stew was served straight from the cooking pot, whilst the children helped themselves to an array of hearty treats. Salted beef, hand-picked greenery was on the menu, accompanied by freshly baked barley loaf. For an extra tasty treat, King Alfred's firestone cherry and apple oatcakes were on order, topped off with plentiful amounts of elderflower mead (non-alcoholic, of course!) A brilliant day had by all!





Annabelle and Julia at the Great North Run

Congratulations to Annabelle, Year 2, and Julia, Year 4, for completing the 1.2km mini run at the Great North Run last weekend. Both girls achieved the run in under seven minutes! A fantastic achievement, well done!



Safeguarding Corner

Guest Podcast: Improving mental health, one practical idea at a time

This week we are sharing a video from Dr Pooky Knightsmith. Pooky has a PhD from the Institute of Psychiatry, Kings College London, is the former chair of Children and Young People's Mental Health Coalition, the author of several books and educator of thousands through her speaking, online training and YouTube videos.

Pooky's knowledge, ideas and advice come from years of study, practice and hard-earned lived experience with PTSD, anorexia, self-harm and depression. She's an autistic mum of two (one biological daughter, one adopted) who enjoys bouldering, paragliding, walking and singing when she's not teaching.

The video is three minutes and discusses tips on how to help your child open up if something is on their mind; [VIDEO: Tip to Help Your Child to Open Up - Dr Pooky Knightsmith](#)



You can connect with Pooky via [Patreon](#), [Twitter](#), [YouTube](#), [LinkedIn](#), [Facebook](#) and [Instagram](#)

Dates For Your Diary

Thursday 26th September – Primary Tea Time Concert

Friday 27th September – Chatsworth Class Assembly

Friday 4th October – Calke Class Assembly

Useful Links

School menu week commencing 23rd September - [click here](#).

Calendar (via the Parent Portal) - <https://derbyhigh.parents.isams.cloud/>