High Notes

Primary High Notes 9th February 2024

Dear Parents

Yesterday marked a truly magnificent celebration of music in the Senior School. The talent displayed in Senior House Music was nothing short of extraordinary. The students' dedication and passion for music shone brightly. We now turn our attention to the Primary House Music Final which will take place on Thursday 7th March. The excitement in the Junior Hall was palpable last week when Mrs Cooke announced that the theme for House Choirs would be SING! I look forward to this wonderful event next half term.

In my assembly yesterday I asked the children to do the Superhero pose. This was not just a fun way to mimic the Man of Steel, it can actually boost your confidence and mood. Research suggests that assuming this confident posture, even for just a couple of minutes, can have tangible effects on your psyche. The act of expanding your body sends signals to your brain that you are confident and capable. Your cortisol levels decrease, reducing stress, while testosterone levels increase, promoting assertiveness. So, whether you are gearing up for a big presentation, a nerve-wracking exam, performing in House Music, or just need a little boost of self-assurance before tackling your to-do list, strike the Superhero pose and feel the difference it can make.

Best wishes,

Amy Chapman

Head

Brilliant Builders in Wrens

As part of their 'Brilliant Builders' topic this half term, the Wrens have been working collaboratively in small groups to build houses. Their brief was to "build a house that will not blow away in the wind". The children had to apply lots of thinking skills during this task. They analysed and evaluated throughout to ensure that their building was the best that it could be. We had a lot of fun trying to blow them down!

Reception

This week in Reception the children have loved completing their aeroplanes. The children painted their kitchen roll tubes, before adding decorations. They then finished these off, by decorating the tails of the aeroplanes.

After a topic of looking at vehicles and how they have changed over time, the children in Reception have loved thinking about where they would like to travel this week.

The children in the Sparrows showed interest in looking at different countries in Communication and Language, so then explored different traditional clothing from different countries.

Year 1 Explore 'Touch'

This week in Year 1 the children explored the sense of 'touch'. They participated in a range of experiments including looking carefully at their finger print with a magnifying glass, taking a print of their finger print, writing their name in braille and leading each other around the classroom in pairs wearing a blindfold so that they had to navigate using their sense of touch! As ever, they supported each other brilliantly!

Safer Internet Day

Throughout the week, the children in Primary have been refreshing their knowledge of online safety, for 'Safer Internet Day'. The children have taken part in discussions about the technology they use and the ways in which they use it and completed activities to support their understanding, ensuring that they have the tools to use the Internet safely.

There are many guides and resources for parents via the Safer Internet Centre website Parents and Carers - UK Safer Internet Centre, to continue the conversations at home.

Years 5 and 6 Athletics

On Tuesday 6th February, 12 boys and 12 girls from Years 5 and 6 were selected to compete in the DCCT sports hall athletics tournament. They all worked extremely hard in a range of track and field events such as sprinting, long distance running, the under-over relay, hurdles, speed bounce, chest push, soft javelin, vertical jump, long jump and the triple jump. Captained by Ollie, Derby High finished in 5th position out of 9 and won multiple events in their heats. A huge achievement - well done everybody!

U11 Mixed Netball Team

On Wednesday, an U11 mixed netball team took part in the Old Vicarage School netball festival held at Derby Arena. The tournament comprised of two pools of four teams, with each team playing 3 games ahead of the final stage games.

Derby High started off well with a 1-0 win over OVS Pulse. The team maintained a good level of possession, despite things being quite rushed, but it was pleasing to see some good techniques and discipline with the rules. The next game was against Pennine Way Primary School, and the team certainly steadied their play and demonstrated some effective outwitting all over the court. Some impressive goals also helped the game finish in a 5-1 win. The final pool game was against Dixie Grammar, which was closely fought, and finished in a 1-1 draw.

As we topped the group, this meant that the team played in the final against Old Vicarage Lightning. This was also a tightly fought game and the play was very much end to end. Veda managed to sneak a fantastic goal in with a few minutes to spare, and then some tight marking and great interceptions enabled us to maintain possession and end the game as the winners.

A huge well done to everyone who played - Ollie, Connie, Zinoviy, Veda, Lara, Alice, Masha and Muhammad - they certainly impressed with their performance, team work and positivity with one another. The team proudly collected their medals and Muhammad was also named as Player of the Day for the team. Well done!

U9 Netball Festival

On Tuesday 6th February, Derby High mixed netball team took part in the Old Vicarage School festival at Willows Sports Centre.

The team drew 1 game 0-0, won the 2nd game 3-0 and the 3rd game 5-0. This ensured they progressed through to the final to play the top OVS team. Despite some excellent defending DHS lost but a huge well done to all.

Bridge the Gap Fundraising

Thank you to everyone for their support with our non-uniform day on Monday. We are delighted to have raised £865 for this local charity. The charity has sent the following message:

"We really appreciate the fundraising you've done for us. It's going to go towards the outdoor space that were crowdfunding for! We're 72% of the way to our target so far!"

Parental Collection from Fixtures

Pupils must ensure that they have clearly communicated to their parents both the time and place of pick-up following school fixtures. Parents may choose to pick-up at an 'away' venue. Parents must pick up their child from the teacher; teachers will not release pupils without seeing the parent. If parents have not arrived when the transport back to school leaves the venue, the pupil will be taken back to school with the rest of their team. The PE staff will not leave pupils behind at an 'away' venue without known adult supervision, under any circumstances.

Safeguarding Corner

The following sessions and events are provided by organisations outside of DHS.

Saturday 17th February Fundraising Cake Sale at Bridge the Gap

10am – 12pm at Bridge the Gap – for parents/carers/children to attend - seek advice, eat cake, buy lovely things to promote good mental health and wellbeing. All funds raised go towards the building of our community garden space with the YMCA that children and families will soon be able to access. Lovely, calming green space to lift your mood. Please see the following link for more information: https://www.crowdfunder.co.uk/p/bridge-the-gap-allotment

Saturday 2nd March Emotional Health Drop at Bridge the Gap 10am – 3pm

For parents/carers/children to attend for on the day mental health support and advice for children. Access resources, signposting, seek support without judgement.

Positive Social Free Online Parents' Session; Monday 4 March from 8pm-9pm.

- How do you help your child make good choices on social media?
- What sort of boundaries do you need to consider – and will they really work?
- How can you create an environment where your child shares their social media experiences with you?

If your children are on social media, or could be in the next few years, then this Positive Social session is designed to empower parents to make good choices when it comes to their social media use.

Amongst other things, we'll be discussing:

- How to create better conversations with our children
- Appropriate boundaries
- Technology tips for parents
- What research and science says about social media use

- What you can do personally to impact your children

This event is on Monday 4 March from 8pm-9pm and is free but any donations will be used to fund their free sessions in the UK's secondary schools. You can book your place at: Join the guestlist – Who's in control - you or social media? A Positive Social parents' session. – Zoom, Mon 4 Mar 2024 7:45 PM - 8:45 PM (tickettailor.com)

There will be plenty of time for questions during this interactive session.

Social media expert Mark Saxby, from the Positive Social charity, has delivered workshops to hundreds of young people since 2014, helping them gain back control of their lives from social media. Mark and his team have delivered sessions to many of our pupils.

Dates For Your Diary

Friday 16th February – Year 2 Herons Class Assembly

Friday 16th February – half term begins 3:30pm (PET still available)