



Primary High Notes Friday 21st March 2025

Dear Parents

I watched Gareth Southgate's Richard Dimbleby Lecture this week, and his message really struck a chord. He spoke about the challenges facing young people today—particularly boys—focusing on three key areas: identity, connection, and culture. His words resonated deeply, not only in the national conversation but also within our own school community.

At Derby High, we pride ourselves on being a school where every individual is known and valued. In a world where young people are often bombarded with misleading ideas about success and identity—through social media, peer pressure, and toxic influences—our role as educators and parents is more important than ever. Southgate's message reminds us that true confidence comes not from status or wealth, but from character, resilience, and meaningful relationships.

His words align closely with our ethos of **curiosity**, **kindness**, and **courage**. **Curiosity** enables pupils to think critically about the messages they receive from the world, helping them to question, reflect, and grow into independent thinkers. **Kindness** fosters the deep connections that help young people feel valued and supported. In a smaller school like ours, no one is invisible—every pupil has the opportunity to be heard, encouraged, and lifted up by those around them. And **courage** is what allows them to stay true to themselves, to face challenges with resilience, and to develop the confidence to forge their own path, rather than be swayed by external pressures.

Culture shapes who we become. Southgate spoke about the importance of surrounding young people with positive role models and values that will help them navigate life's challenges. At Derby High, we are intentional about fostering a culture where curiosity, kindness, and courage guide our actions. Whether in the classroom, on the sports field, or in everyday interactions, we want our pupils to feel safe, valued, and empowered to be their authentic selves.

Raising confident, thoughtful, and resilient young people is a shared responsibility between school and home. By working together—through open conversations, strong relationships, and a commitment to positive role models—we can ensure that our children grow up with the support and guidance they need to navigate an increasingly complex world. If you haven't had a chance to listen to Gareth Southgate's speech, I highly recommend it. You can watch the full lecture on BBC iPlayer, and I'm sure you will find it as thought-provoking and relevant as I did.

Best wishes,

Amy Chapman

Head

Year 5 and 6 DCCT Gymnastics

On Thursday, 10 children from Year 5 and 6 took part in the DCCT Gymnastics event, which was hosted here at Derby High School. The children had to display their gymnastic abilities in 3 different areas - Core Skills, Ribbon and Vault. All the children performed brilliantly and were awarded with either a Bronze, Silver or Gold certificate. Madeleine, Aisha, Isabella and Georgia achieved a bronze certificate, Tabitha, Eliza, Lyla and Rania achieved a Silver certificate and Lois and Alexia achieved a gold certificate. Well done gymnasts, you were fantastic!



Twycross U9 Cross Country

Derby High School entered boys' and girls' teams into the Twycross U9 Cross Country event in the glorious sunshine on Tuesday afternoon. Derby High competed against teams from Dixie, Repton, Nottingham High School, Old Vicarage and Lichfield Schools. For some of our younger juniors this was their first experience of cross country running over a demanding, rural course. The encouragement shown for each other was a delight to behold as every runner gave their all. The standout performance of the day was Celine, who battled hard from the start, chasing older and more experienced runners to finish a noteworthy 7th place - well done Celine.

Thank you and well done to everyone who took part. The runners showed immense resilience and determination when competing and wonderful support and team spirit as spectators. We are very proud of them.



Twycross U11 Cross Country

Derby High School proudly took part in the Twycross U11 Cross Country event, competing against teams from Dixie, Repton, Nottingham High School, and Lichfield Schools. We fielded a strong squad of 20 runners, competing in both the girls' and boys' races.

Our athletes showed fantastic determination and team spirit throughout the event. A special mention goes to Tabitha, who put in a brilliant performance to finish 6th in the girls' race.

Well done to all of our runners for their hard work and perseverance. A great effort from the whole team!



Year 4 Italian Dessert Tasting

On Monday, Year 4 enjoyed an afternoon of Italian Dessert tasting! The children enjoyed sampling a variety of tasty Italian desserts, freshly made by the Chartwells team. The children have been learning about Italy in their topic lessons and currently exploring Italian food in their DT lessons. This experience was a great way to bring both subjects together, helping them see the connection between Italy's culture and its cuisine".



NSEA County Dressage Qualifiers

Last Saturday an equestrian team from Derby High were successful at the NSEA county dressage qualifiers, held at Eland Lodge Equestrian.

Gracie S (Year 9) made it a clean sweep by winning both her individual classes. Gracie was joined on the team by Sophie D (Year 11) and Tabitha F (Year 6), who also produced some great individual results. Together they secured the Dressage County Championship gaining qualification for the Inter-County Dressage Championship at Hickstead in May.



Year 6 Cycle-Cross Match Report

On a challenging grass track, our Year 6 pupils competed in an exciting Cycle-Cross event, showcasing determination and teamwork. Our riders were split into two teams, each consisting of three girls and three boys.

The first race was a five-lap endurance test, where all riders displayed impressive resilience. A huge congratulations to Freddie, who stormed to victory in his race, and to Avneet, who was the fastest finisher for Derby High School in the girls' race.

The second event was a fast-paced one-lap sprint. Georgia put in a fantastic performance, securing first place for Derby High School, while Dan demonstrated great skill and effort, finishing third overall in his race.

Well done to all our riders for their hard work and determination. It was a fantastic day of racing, and we are proud of everyone's achievements!

Belper Marlins Mega Swim

Eve, James, and Charlotte participated in the Belper Marlins 'mega swim' for charity, raising money for 'Hope of Belper', a local charity that supports the community with its community hub and food bank. They swam continuously for one hour, showcasing their dedication to the Charity and the community.

Eve swam 1650m, Charlotte swam 1600m and James 1350m. Eve and Charlotte were awarded their one mile swim badges and James achieved his 1km badge.

Well done! What a fantastic achievement



Easter Egg Collection

A reminder that we are collecting Easter eggs for YMCA Derby, to support those in need across Derbyshire. If you would like to contribute, please bring an Easter egg into school by Monday 24th March. Last year, YMCA Derby were over the moon with the generosity of our community! Thank you in advance for your donations.



Easter Hockey Camp

An Easter Hockey camp is available at Belper Hockey Club over the Easter break. It is ran by Lucy Horsfield, a full time hockey coach and Leeds Beckett, a Men's Performance Coach.

The camp is £33.50 for the full day. For more information please visit their website by clicking the following link; Horsfield Hockey

Please note this camp is not ran by Derby High School.

£33.50 PER PLAYER / PER DAY OR 2 DAYS FOR £66.00
9.30-4PM
AGES 8-17
SUITABLE FOR HOCKEY PLAYERS OF ALL ABILITIES: PERFORMANCE HOCKEY PLAYERS ACCOMMODATED
SPECIALIST GK COACHING AVAILABLE & INTEGRATED

EASTER HOCKEY CAMPS

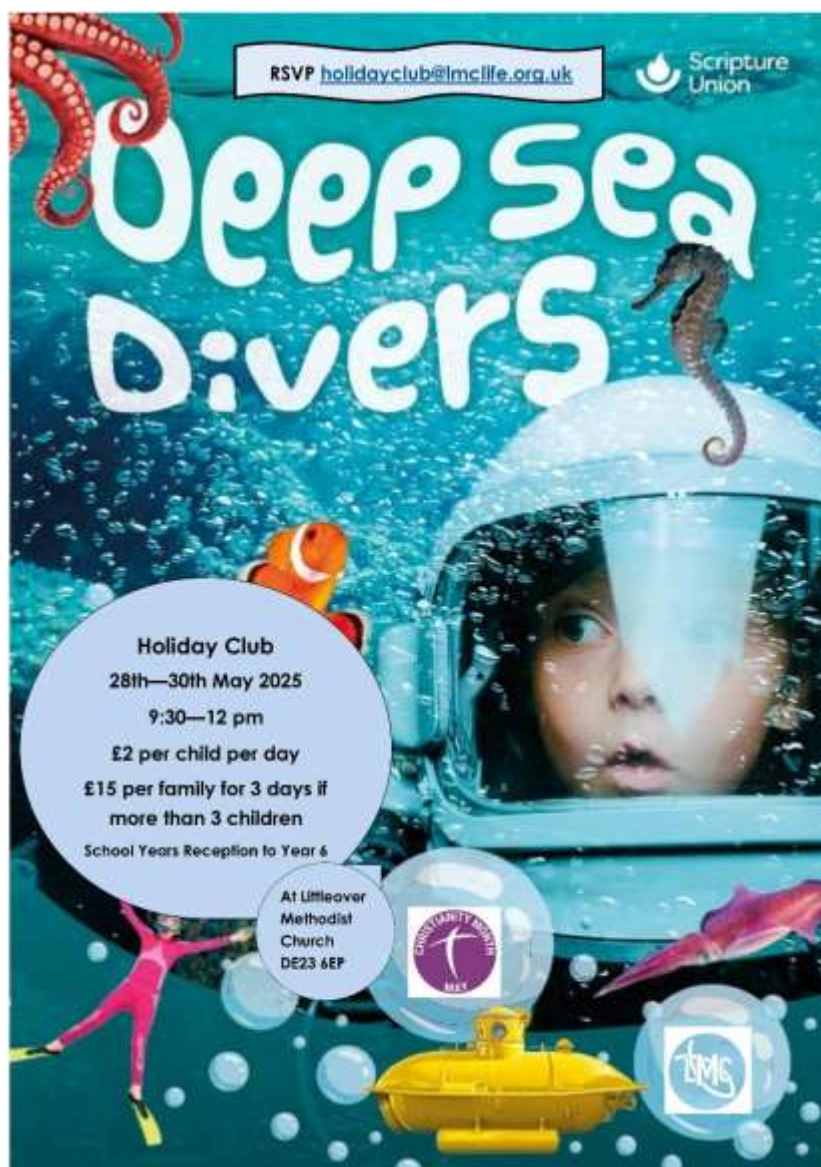
- LEEDS @ LEEDS ADEL HC, LS16 8DG - 8TH & 9TH APRIL
- YORK @ VALE OF YORK SCHOOL, YO30 6ZS - 10TH & 11TH APRIL
- BELPER @ BELPER HC, DE56 1HE - 15TH APRIL
- HULL @ HULL UNIVERSITY, HU6 7TS - 17TH APRIL

Book via: www.horsfieldhockey.co.uk

May Holiday Club at Littleover Methodist Church

Littleover Methodist Church is running a holiday club during the May half term for primary aged children. For more information please details below or email holidayclubs@lmclige.org.uk

Please note this club is not ran by Derby High School.



Safeguarding Corner

Safeguarding Podcast – Episode 35, Adolescence and Online Safety

This week Mrs. Bellman and Mr. Thornton discuss the new Netflix drama, Adolescence and how parents can support their child with online safety.

To listen to this week's podcast please [click here](#).



For more information on this topic please click the following links;

[The hidden meaning behind these emojis in your child's messages](#)

[The hidden meanings behind the emoji your children are using - including pills, beans and '100' | Daily Mail Online](#)

Social Media and Your Children: Positive Social Parents' Sessions

[Positive Social](#) are running a free Positive Social parents' session to help parents learn how to help their child make positive, informed choices on social media.

With social media being such a big part of their lives, how can you set appropriate boundaries that actually work? How can you foster an environment where your child feels comfortable sharing their social media experiences with you?

If your child is already on social media – or will be soon – [this session is for you](#).



Dates For Your Diary

Monday 24th March- Year 3 Residential trip departs

Tuesday 25th March – Year 3 residential trip returns

Thursday 27th March – Primary Spring Concert

Friday 27th March – End of Term – No PET or after school clubs

Useful Links