



Primary High Notes Friday 24th April

Dear Parents

It has been a pleasure to welcome everyone back to school this week. The sunshine has certainly helped set the tone, and it has been wonderful to see the children returning full of energy, enthusiasm and ready for the busy term ahead. There is already a real sense of excitement around the school, with so many activities, events and opportunities on the horizon.

A particular highlight coming up is the Year 6 trip to France next week. This is always such a special experience and an important milestone for the children. Not only does it offer them the chance to explore a new culture and practise their language skills, but it also builds independence, confidence and lifelong memories. We wish them bon voyage and know they will represent the school brilliantly.

In assembly on Thursday, I shared a quote by Eleanor Roosevelt:

“Do one thing every day that scares you.”

We spent some time thinking about what this really means. It is not about doing something dangerous or reckless, but about gently pushing ourselves beyond our comfort zones in ways that help us grow, trying something new, speaking up, persevering when something feels difficult, or having the courage to keep going when we feel unsure.

I shared a personal example with the children. Over the Easter break, I had a lovely holiday in Newcastle, and one day we visited Whitley Bay. It was one of those perfect coastal days, bright blue skies, fresh sea air, and the sound of the waves alongside us as we walked. During our walk, we came across a lighthouse. Mr Chapman was keen to go in and head to the top, so I happily paid and followed along without really thinking about it. It was only once I stepped inside that I realised what I had signed up for. The staircase spiralled tightly around the inside wall, a narrow, winding path that seemed to stretch endlessly upwards. What made it more daunting was that the centre was open, you could see all the way down to the bottom and all the way up to the top, with each step clinging to the edge. It felt exposed, steep, and just a little overwhelming. My family bounded ahead and were quickly out of sight, but I stopped part way up. In that moment, I genuinely wondered, can I do this?

As the children know, I don't really believe in the word can't, it just needs a yet on the end. And I realised that if I turned back, I would always wonder what it would have been like to reach the top. More importantly, I would have missed the opportunity to prove to myself that I could do something I found difficult. So, I kept going. I focused on looking ahead rather than down, taking it one step at a time, steady and determined. Eventually, slightly out of breath and very relieved, I made it to the top. And I am so glad I did. I was greeted by the most incredible views: the coastline stretching out in both directions, the sea sparkling in the sunlight, and that wonderful sense of space and perspective. It felt like a real achievement, one of those moments where you know you have grown just a little.

This is exactly what Eleanor Roosevelt meant. Doing something that scares us in a small, safe way helps us to build confidence, resilience and self-belief. It shows us that we are capable of more than we sometimes think.

This is the challenge I have set the children for this final term of the academic year. As we begin this last stretch together, I have encouraged them all to think about one thing, big or small, that stretches them, and to take that step. Whether it is trying something new, improving in an area they find difficult, or simply showing a little more courage each day, these are the moments that shape their growth.

It promises to be a wonderful and important term ahead.

Best wishes,

Amy Chapman

Head

Year 4 STEM Workshop

We were thrilled to welcome Mr Swain, Head of Nuclear Support Equipment at Rolls Royce and a Derby High parent, into school today for an inspiring and highly engaging session with our Year 4 pupils.

The children had a fantastic time deepening their understanding of electricity through a hands-on experiment, creating their own electrical circuits using a potato, a coin, and a nail! It was wonderful to see their curiosity and enthusiasm in action as their learning came to life.

Mr Swain also shared fascinating insights into a key local industry, helping pupils understand the real-world importance of STEM in our everyday lives. One of the most powerful messages he left them with was the importance of listening carefully: a skill that we all know underpins all successful learning.

We are incredibly grateful to Mr Swain for generously giving his time and expertise to deliver such an enriching experience. A huge thank you!



Book Donation – Thank you Freya

Freya, Year 6, has shown wonderful kindness by donating 23 of her own books for others to enjoy.

What a brilliant example of sharing and recycling—thank you, Freya!



LAMDA Results

Last term, a group of our students took part in their LAMDA examinations. They demonstrated incredible dedication throughout their preparation, and their performances on the day were truly outstanding.

We are delighted to share that 8 pupils achieved a Distinction and 5 were awarded a Merit. Congratulations to everyone who took part — you should be immensely proud of your achievements!

LAMDA

Leo's Ski Achievement – ESF Ourson Level

Congratulations to Leo in Year 1, who has achieved his ESF Ourson level during his recent ski trip. Over the week, he made steady and noticeable progress, moving up a level through consistent effort and a calm, positive approach.

Leo became increasingly independent on the slopes, managing his skis and getting himself ready each day. He learned how to use both drag lifts and chairlifts with growing confidence and approached each new challenge sensibly. On the snow, he can now control his speed using snowplough turns and is beginning to link these turns on short blue slopes.

It was particularly nice to see Leo's determination and quiet confidence develop as the week went on. He approached each session with focus and a willingness to try and took real pride in his progress.

Well done, Leo.



Rohan's Gymnastics success

During the Easter holidays, Rohan, Year 1, participated in a Gymnastics competition at Mickleover Gymnastics Centre. Rohan performed very well and was awarded a bronze medal. Congratulations Rohan! Keep up the hard work.



TMA Kickboxing

Over the last 2 months, Aayansh, in Reception, has been practising his TMA Kickboxing. He has been working very hard, and this has been awarded with first red belt. This is a fantastic achievement Aayansh, keep up the hard work.



Derby Arts Festival

Congratulations to Olivia, Year 6, who this week took part in the Derby Arts Music Festival. Olivia was awarded third place in the Piano Solo. This is an incredible achievement, Olivia. Keep up the hard work.



Swimming Success

Before the Easter break, Sergei in Year 1 obtained his 4Stars award from 4Strokes Swimming Academy. Well Done, Sergei. This is amazing swimming and we can't wait to see what you achieve next!



Parent Reminder: Absence from School

Please be reminded that school should be informed of all instances or requests for absence by emailing either (primaryabsence@derbyhigh.derby.sch.uk) or ringing and speaking to Mrs Walsh, Primary Head's PA.

The email message should include the pupil's name, the child's class, the dates and the reason for absence. Please note, that the email must come from the address parents have previously registered on ISAMs (school database).

If the absence is unplanned and parents/guardians are notifying school on the first day of absence, they must contact school before 8.30am in the morning. This is when we run our absence reports and are required to contact parents about any unexplained absences.

Safeguarding Corner

As children get older, their interest in online communication and social media naturally increases. We are noticing that, from time to time, some friendship worries and misunderstandings brought into school can be linked to online interactions that take place outside of school hours.

Many social media platforms are designed for older users, and it can be tricky for younger children to navigate them confidently and safely without support.

Age Guidance – a helpful reminder:

Most popular platforms have a minimum age of 13, including:

WhatsApp
Instagram
TikTok
Snapchat

These age recommendations are there to help ensure children are developmentally ready to manage online communication, content, and privacy.

How you can support your child:

- Keep conversations about online activity open and regular
- Take an interest in the apps and games your child is using
- Use privacy settings and parental controls where appropriate
- Encourage kindness and respect in all online communication
- Reassure your child that they can always talk to you about anything they see or experience online

Helpful Resources for Parents:

- NSPCC: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>
- Internet Matters: <https://www.internetmatters.org/>

- UK Safer Internet Centre: <https://saferinternet.org.uk/guide-and-resource/parents-and-carers>

We appreciate your support in helping children develop safe and positive online habits. If you would like any further guidance, please feel free to get in touch.

A final reminder: We kindly ask parents and carers to regularly monitor and check their child's use of devices, apps, and social media. Taking an active interest can make a significant difference in keeping children safe online. Our shared aim is for all pupils to enjoy the internet in a positive, responsible, and safe way.

Dates For Your Diary

Monday 27th April – Year 6 France residential departs

Monday 27th April – Year 1 Battles, Balls and Banquets

Wednesday 29th April – Year 5 Hardwick French Café

Friday 1st May – Haddon Class Assembly

Friday 1st May – Year 6 France residential returns

Monday 4th May – May Bank Holiday – School Closed

Wednesday 6th May – Year 5 Calke French Café

Wednesday 6th May – Year 4 Residential departs

Friday 8th May – Year 4 Residential Returns

Friday 8th May – Year 2 Herons Class Assembly

Useful Links