



Primary High Notes Friday 5th September 2025

It has been wonderful to welcome everyone back this week as we begin a brand new school year in Primary. The classrooms and corridors are once again filled with laughter, energy, and curiosity. A very warm welcome too to our new children and families. I know you will quickly feel at home here at Derby High.

On Thursday afternoon, I led my first Primary assembly to start the year off. I spoke to the children about the choices we all make, and how these shape the kind of person we become. To help us explore this, I shared three very different images with them. The first was Jake Humphrey, who presents the High Performance podcast. This is something I often listen to myself, as I find it fascinating to hear how people from all walks of life achieve at the highest level. They talk about the habits and promises they set for themselves, what Jake calls their “non-negotiables.” The second was Ryan Yates, captain of Nottingham Forest. He is not the most famous footballer, and when he was younger many doubted he would make it. But through sheer determination, hard work and resilience, he has become a true leader. To me, he is an inspiring example of how attitude and consistency can make all the difference. The third was a picture of two paths, signifying Robert Frost’s famous poem, The Road Not Taken. In the poem, the writer describes standing at a fork in the road, having to choose between the easy, well-trodden path and the harder, less-travelled one. He chooses the harder road, and this choice “made all the difference.”

At first glance, these three examples might seem unconnected, but the golden thread running through each is the importance of the choices we make, and the courage it sometimes takes to choose the harder path.

I encouraged the children to think about their own “non-negotiables”, the promises we make to ourselves that we keep every day. Whether it is being a good friend, asking questions, or trying something new, the small choices we make each day add up to something very powerful. These are the building blocks of a happy and successful year ahead.

I am excited to see how each pupil will define and achieve their own high performance this year, and the choices they will make along the “road less travelled” that Frost so beautifully describes.

Here’s to a year of growth, courage, and meaningful achievement.



Best Wishes,

Amy Chapman

Head

LAMDA Results

Before the summer holidays, our LAMDA students sat their examinations, and we are delighted to share the results. The following students achieved either a Merit or a Distinction: Nikhil (Year 4), Shanaya (Year 6), Alexia (Year 6), Parvathi (Year 6), Kaya (Year 6), Aanya (Year 6), and Aashvi (Year 6). Congratulations to each of you—you should be extremely proud of your achievements!

LAMDA

Parents' Breakfast

Over the coming week, we are pleased to invite parents to join us for breakfast in The Refectory as we celebrate the start of the new academic year. This will be a wonderful opportunity to connect with fellow parents and extend a warm welcome to those new to Derby High.

All parents will have received a copy of a High Post with further details.



Congratulations Sapphire

At the end of last term, Sapphire (Year 4) achieved remarkable success, gaining her Grade 5 in Gymnastics as well as her Stage 1 in Musical Theatre. We are incredibly proud of her dedication and hard work—well done, Sapphire!



Zach's Swimming Success

Over the summer holidays, Zach (Year 5) celebrated two outstanding swimming achievements. Not only did he complete his Gold Swimming Award, but he also successfully achieved his Mile Swim, covering an incredible 80 lengths of the pool in just 56 minutes. A truly fantastic accomplishment—well done, Zach!



Safeguarding Corner

Safeguarding Podcast; In2 Keeping Children Safe in Education

In our first podcast of this academic year, Mrs Bellman (Deputy Head - Pastoral & DLS) and Miss Jordan (Senior Deputy Head) discuss this year's update to KCSiE - Keeping Children Safe in Education.

To listen to the podcast please [click here](#).



Below is the link Mrs. Bellman refers to in the podcast;

[How to Review Information Before You Share It](#)

Dates For Your Diary

Tuesday 9th September – Primary Parents Breakfast 8:30am to 9:30am

Tuesday 9th September – Pre-school – Year 2 Phonics Parent Information Meeting

Friday 12th December – Year 3 Roald Dahl Day