



Primary High Notes Friday 7th February

Dear Parents

Many of you may have watched Inside Out 2 when it was released last year, I did, and I loved it. Not just because it is a fantastic film, but because its themes are so important. It beautifully captures the emotional rollercoaster of growing up, reminding us that all feelings have a role to play in our lives. As children get older, their emotions become more complex, and learning to understand and manage them is a crucial part of their development.

This is what I spoke to the children about in assembly on Thursday. We watched the Inside Out 2 trailer and explored how emotions change as we grow. In the first film, Riley was guided by Joy, Sadness, Anger, Fear, and Disgust. But now, as a teenager, she is introduced to new emotions, Anxiety, Embarrassment, Envy, and Ennui (boredom). These are feelings that many of our children will recognise in their own experiences, and it is important that they know how to manage them.

At school, we know that children learn best when they feel happy, secure, and understood. If a child is feeling anxious, overwhelmed, or disconnected, they will struggle to thrive, both in their learning and in their relationships. That is why wellbeing is at the heart of everything we do. Our focus is not just on academic success, but on making sure that every child feels valued, supported, and cared for.

We want every child to know that their emotions are valid, that they are never alone, and that there are always people who care. Whether it's a class, a teaching assistant, a member of our pastoral team, a family member, or a trusted friend, there is always someone here to listen. Encouraging children to talk about their feelings is one of the most powerful ways to support their mental health, and we are committed to fostering a school environment where they feel able to do so.

If you are ever concerned about your child's wellbeing, please do get in touch. We are here to support not only our pupils but also our families, working together to ensure that every child can grow, learn, and flourish.

Best wishes,

Amy Chapman

Head

Children's Mental Health Week

This week marks Children's Mental Health Week, a time to shine a spotlight on the importance of looking after our mental health, as well as our physical wellbeing. The children have taken part in a special assembly, where they learned all about the ways we can care for our minds, and how being aware of our emotions is just as important as caring for our bodies.

This year, the theme of Children's Mental Health Week is "Know Yourself, Grow Yourself," encouraging children and young people across the UK to embrace self-awareness and reflect on what it means to understand themselves better. It's a wonderful opportunity to explore how we can all grow, not just in terms of physical growth, but in understanding and developing our emotional and mental wellbeing.

As part of this week's activities, our primary school children have been invited to take part in a creative task: Imagine you are a plant, just starting to grow. What do your roots look like? Where are they growing? Are they in a flowerpot, a forest, or maybe even a crack in the pavement? Fun fact: Roots can be much bigger than the plant itself! They are what help us grow and shape who we are, giving us strength and stability.

Our children have embraced this creative challenge with enthusiasm, creating some truly inspiring and imaginative pieces of artwork. Many of these masterpieces are now on display in the Junior building, so please be sure to have a look if you are visiting!

In addition, as part of supporting this important cause, we invited children to wear home clothes in exchange for a donation towards Bridge the Gap, a local Emotional Literacy service. This fantastic service combines healthcare and education to help children explore and understand their emotions. It is heart-warming to see how our school community is coming together to support this invaluable initiative, which plays a crucial role in helping children with their mental health.

We're incredibly proud of all the children for their participation in this week's activities, and we hope that by encouraging self-awareness and self-expression, we are helping them grow into confident, emotionally resilient individuals. Thank you to everyone for your generous donations and ongoing support!



U9 Netball OVS Festival

On Tuesday, an Under 9 girls' netball team took part in the OVS 7 a side Netball Festival held at Willows Sports Centre in Derby. The team were very keen and excited to get going, and were very supportive and collaborative throughout the day. The team played three pool games against Dixie

Grammar, OVS Pulse and OVS Mavericks, before finding out where they would play in the final standings matches.

The team won their first match against Dixie Grammar, with a 1-0 score line - it was really promising to see the team string a number of successful passes together and, generally, demonstrate great understanding of the rules and their positions. The next game was against OVS Mavericks, which was again a closely contended game. The game was quite end to end, and the team did well to keep close to their opponents when defending but OVS were able to sneak a goal passed us - finishing with a 0-1 score line. The Mavericks managed to score a cheeky goal in the closing minute of the game, but the team never gave up. The final game was a tough one against OVS Pulse, who dominated the play with their quick passing and accurate shooting, but a beautiful goal was scored by DHS in the final minute! The game finished 5-1.

After the pool stages, we played in the 5th/6th playoff game, against Salterford House. This was another game where every single member of the team worked hard in their position, always trying to win the ball or look for a valid pass. Sadly, DHS didn't have many scoring opportunities in the game, but the determination went right through the end. Salterford House managed to score a few nice goals, but not without some great pressure and defending by our players. The final score was 4-0 to Salterford House, which meant that DHS finished in 6th position. Sofia was also named as our Player of the Day for her unwavering effort in whatever position she was put in!

A big well done to everyone who played - the team were a pleasure to spend time with and gave it their all!



U11 Netball Tournament at Derby Arena

The U11 netball team from Derby High School had a fantastic showing at the netball tournament held at Derby Arena, hosted by Old Vicarage School. The competition featured 10 teams split into two groups, with Derby High School finishing 3rd in their group after the group stage, earning them a spot in the play-off for 5th and 6th place.

The team played with great determination and teamwork throughout the tournament, ultimately securing a well-deserved 5th place finish after winning the play-off match.

A special mention goes to Raya, who was awarded Play of the Match for her exceptional performance throughout the tournament.

The defence played a crucial role in Derby High School's success. Claire, Paru, Bea, Madeleine, and Eliza were solid at the back, consistently keeping their opponents at bay with strong marking and quick interceptions.

In the centre court, Raya and Bea were outstanding, providing quick transitions and linking up play efficiently. Madeleine, Georgia, Tabitha, and Eliza also made significant contributions in attack, creating opportunities and showing excellent movement off the ball.

Overall, it was an exciting and competitive day for Derby High School, and the team's hard work and spirit were evident in every match. Congratulations to all the players for their effort, teamwork, and the excellent result!



Swimming Success

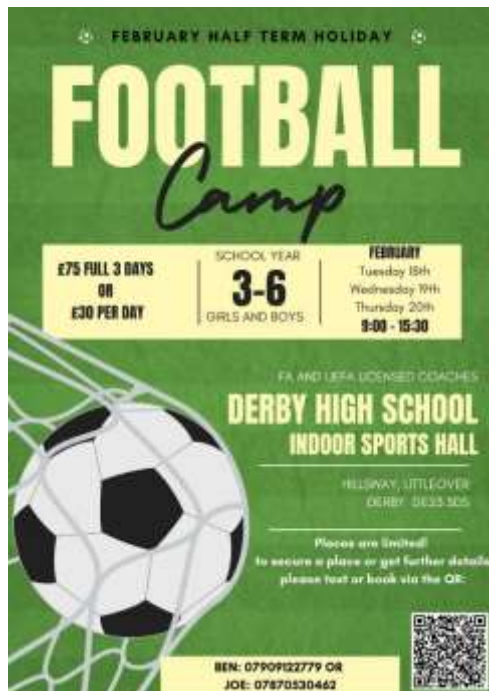
A huge well done to Clara Year 2 who achieved her 10m swimming badge, this is a fantastic achievement. Well done, Clara!



Half Term football camp

If your child is looking for some fun football activities to partake in during February half term there are lots on offer in or surrounding the Derby area. An indoor football camp, ran by a parent, will be

held in the sports hall at Derby High School. This camp is ran by a third party and not Derby High School. For further information please complete the following form: [Derby High Football Camp WC 17/02/25](#)



Derby County Community Trust have a wide range of football activities available during February half term, for more information please follow [Holiday Coaching | Derby County Community Trust](#)

DCCT is running open access football holiday coaching courses on the following dates: Monday 17th February-Friday 21st February at Rykneld Sports Centre (Derby), The Racecourse (Derby) & Belper Leisure Centre. There are limited spaces available on all these courses and spaces are allocated on a first come first served basis



National Storytelling Week

Monday's assembly saw Mr. Harper revealing which teachers would be reading to whom for Friday's special storytelling session. The event itself was a great success; seeing teachers in different classrooms reading some of their favourite children's books was wonderful. From *Sir Francis Drake-His Daring Deeds* to *Dragon Rescue*, the children were treated to a huge variety of teachers' personal favourites. Thank you to the teachers for their enthusiasm in this initiative, and, most importantly, to all of our enthusiastic children who were a tremendously receptive audience.

Wednesday's assembly gave the whole school a few little hints for the *Whose Book?* quiz and the Book Hunt. On Thursday afternoon itself, the whole school was abuzz with the collective quest for their (rather cunningly) hidden books, armed with just one single, solitary clue! However, every class found their hidden book prize. Well done!

From Wrens, to Eyam and Chatsworth, each class completed their *Whose Book* quiz. The Early Years Foundation Stage, Key Stage 1 and Key Stage 2 winners of this will be announced before Mrs Cooke's singing assembly on Tuesday.

We hope you enjoy seeing a few of our photographs from this week's National Storytelling Week events here at Derby High.



Year 6 Taste Testing: Derbyshire's Delicacies

On Tuesday afternoon, Eyam and Chatsworth were treated to a very special taste testing session in the Refectory. Our wonderful catering team kindly laid on a wonderful spread of some of Derbyshire's finest delicacies. A smorgasbord of flavours and textures, the children had the opportunity to savour some tasty treats from our very own county.

The deliciously flaky pastry wrapped fidgety pie was a particular hit as were the individual Derbyshire tarts. The testing panel must have approved as a good number of children had seconds! The badger pie (vegetarian, don't worry) and Derbyshire oatcakes were devoured too. The children thoroughly impressed Dr. E.B. and Miss Wright with their willingness to try something entirely new. We were also very proud of the shared writing which the children produced back in the classroom.

The afternoon was definitely the perfect way to end our persuasive unit: *36 Hours in... Derbyshire*.



Senior School Uniform Update

Yesterday Year 6 parents received a High Post regarding a change to our Senior School Uniform.

Change can often evoke strong emotions, particularly when it touches on tradition and identity. We understand that any alteration to a familiar uniform can feel significant, and we want to reassure you that our new culottes are designed with both practicality and tradition in mind.

In reality, the change is subtle, the culottes look just like our existing skirt, only with fewer pleats. The aim is to provide our students with greater ease of movement while maintaining the smart appearance that defines Derby High. Schoolblazer has carefully designed and trialled the new culottes with students of different body types to ensure a well-fitting, comfortable, and inclusive uniform option.

These photos highlight the minimal difference, and we hope they provide reassurance that the essence of our uniform remains unchanged.

Culottes;



Skirt;



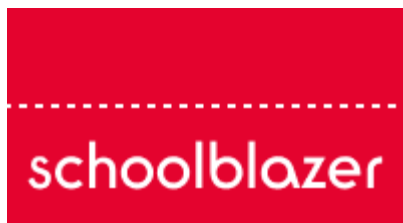
At the heart of this update is our commitment to balancing tradition with practicality, ensuring that our students feel both comfortable and confident. I truly appreciate the feedback and conversations this change has prompted, it speaks to the deep sense of pride our community has in our school.

As always, thank you for your support as we continue to move forward together.

Schoolblazer Sale

Schoolblazer will be running a sale from 10th – 14th February 2025.

There will be up to 1/3rd off selected items online at schoolblazer.com during the sale period, while stocks last and on in-stock items only.



Safeguarding Corner

Safeguarding Podcast, Episode 30, In 2; Friendships

Today's podcast is brought to you from Mrs. McBride and Dr E-B, who discuss young people and friendships. [Click here](#) for this week's podcast.



For further information, [YoungMinds](#) offer some useful advice for young people:

Friends can be a big help for your mental health, but sometimes things change. If you're not getting along with friends right now, you have had a fallout, or you just feel uncomfortable in your group, our tips and advice can help you through it.

[Click here.](#)

Children's Mental Health Week

Take part in Children's Mental Health Week this week from home, along with all the other families getting involved! [Families - Children's Mental Health Week](#)

This week, focuses on the theme of **Know Yourself, Grow Yourself** - empowering children, young people, and the adults who surround them to embrace self-awareness and explore what it means to them.

Dates For Your Diary

Wednesday 12th February – Year 6 Falconry Event

Thursday 13th February – Year 5 Mexican Themed Day

Friday 14th February – Haddon Class Assembly

Friday 14th February – half term break begins 3.30pm (PET available)

Monday 24th February – return from half term break

Thursday 27th February – Primary Teatime Concert

Friday 28th February – Primary Parent Showcase