



High Notes

Senior High Notes Friday 15th November 2024

Dear Parents

Today's assembly was a celebration of achievements across the Senior School. From Duke of Edinburgh Awards to House Benchball victories and successes in the Maths Olympiad, it was fantastic to acknowledge the hard work and dedication of so many of our students. These moments of recognition are a testament to the vibrant and diverse talents within our school community. We also love hearing about your child's achievements outside of school - whether it is completing a challenge, receiving an award, or achieving highly in a competition. Please do let us know about these moments, as it is a joy to celebrate them within our school community.

It has been a privilege this term to meet individually with each of our Year 13 students as they finalise their university and degree apprenticeship applications. Their hard work is clearly paying off, as many are already receiving invitations to interviews and exciting offers at prestigious institutions and organisations. This is such an important milestone, and we are proud to support them as they take these significant steps toward their futures.

Best wishes,

Amy Chapman

Head

Remembrance Day

On Monday morning our whole school came together to pay respect to those who lost their lives in conflict. Thank you to our Charity Prefects for their readings and to Denny (Year 10) for leading us into our two minute silence.



Anti Bullying Week

This week has been anti-bullying week and Year 9 have worked hard to spread the word of kindness by sticking 'good news' messages on lockers throughout the week. Students have also designed posters along this year's theme of 'choosing respect' which have been posted onto form room walls around the school. Students in all years have discussed strategies about how to disagree respectfully when others have different opinions to their own.

ANTI-BULLYING WEEK 2024 - NEW THEME ANNOUNCED



Chartwells Nutrition Workshop: Healthy Eating and Sports Nutrition

Our Year 10 GCSE students recently participated in an engaging and educational session led by Chartwells, our school food supplier. This was the first of three scheduled workshops for the year, designed to enhance students' understanding of nutrition and its importance in supporting athletic performance.

The focus of this session was on covering the basics of nutrition, healthy eating and sports nutrition. Students explored the role of macro and micronutrients in maintaining energy levels, promoting recovery, and optimising performance. Through an interactive presentation, Charlotte from Chartwells expertly guided students on how to make informed food choices to support an active lifestyle.

To put their knowledge into practice, the students created delicious and nutritious energy balls using honey, water, cocoa powder, cinnamon, pumpkin seeds, oats, and raisins. This hands-on activity not only reinforced their learning but also highlighted how simple and enjoyable healthy eating can be.

A big thank you to Charlotte for delivering such an inspiring and informative session. We look forward to the next workshops, which promise to deepen our students' understanding of nutrition even further.



Parliament Tour

Our A level Business Studies, Economics and Politics students visited London yesterday. They had a tour of Parliament, and met with our constituency MP, Catherine Atkinson who discussed all aspects of life in Parliament. Then they headed off to the Bank of England museum with a stop at Amazon Fresh store to see 'just walk out' cashier free shops in action.



Mathematical Olympiad for Girls

A few weeks ago, two of our sixth formers volunteered to sit the "Mathematical Olympiad for Girls" or MOG for short. This was set up a while ago to encourage the further participation of girls in maths at university and beyond. It is a very challenging Two and a half hour paper with full written solutions to just five questions, not for the faint hearted! We are delighted to announce that both Esther in Year 13 and Zainab in Year 12 both secured a "Distinction", which is incredibly impressive. Esther gets the "Best in school" with a phenomenal score of 43 out of 50.

Year 12 – Truly Educated

On Thursday 14th November a team from the army led by Sgt. Callum Repton came in to do a team building afternoon with Year 12. Following an informative talk about the range of careers possible on the forces, the students were split into teams and got to work on a variety of challenges, with communication, engineering and ballistics skills developed.

A great time was had by all and we look forward to having the Army in again.



Year 9 Netball: DHS vs. Littleover Community School

It was an exciting afternoon as both the A and B teams from Derby High School faced Littleover Community School on their home turf. The teams showcased skill, determination, and a commendable spirit across both matches.

A Team Match

Despite the final score not reflecting their hard work, the A team brought incredible energy and positivity to the court. They kept up their fighting spirit, and there were some standout performances all around. Emilie, Alice, and Sophie held a strong line of defence, showing excellent teamwork and resilience. Izzy, Pippy, Phoebe D, and Hollie kept Littleover's defence on their toes with their consistent pressure and sharp movements. The team deserves praise for their determination and cohesion, pushing through a tough game with admirable composure.

B Team Match

In a thrilling contest, the B team secured a 14-12 victory, only taking the lead in the final quarter. The team displayed steady improvement each quarter, building momentum that culminated in a hard-earned win. Bareen, Arshpreet, and Charlotte held strong, blocking crucial plays and providing the foundation for the team's success. Libby kept the ball moving with her agile play and coordination. Phoebe H, Harriet, and Jia led the charge in attack, pushing through Littleover's defence and securing the essential points needed for victory.

The team's perseverance and adaptability were key in this narrow and exciting win.

Both teams showed fantastic sportsmanship and skill. While the A team might not have come away with the win, their effort and spirit were undeniable. The B team's late-game comeback and drive to clinch the match displayed true tenacity. Congratulations to all the players for representing Derby High School so well!

U14 Girls Football

On Wednesday, a girls U14 football team participated in the first of three evenings in the Derby City Football League at John Port School and were absolutely incredible! There are 9 schools that take part in

the league at John Port and, during this evening, the team played in three 7 a side matches, with each game lasting 15 minutes.

The team beat a strong Murray Park team with a score of 2-0, with some excellent and determined play all over the pitch. Against St Benedicts, the team again dominated and demonstrated some great performances all over the pitch; closing down the opposition when they had possession, making helpful touches of the ball to win back the ball, and some effective passing between players to move the ball up the pitch. We were clinical in front of goal, scoring 3 open play goals and one penalty. In their final game against Littleover Community School, the momentum from our previous two games certainly continued and the team were keen to progress up the pitch and attack. They do so effectively, scoring 3 lovely team goals; however, Littleover did have some chances but these were successfully thwarted and the team kept their cool.

A huge well done to the team for their efforts - they performed brilliantly, with focus and determination, and the majority of the goals were well-worked team goals. We look forward to the next League night!



Year 8 Netball

On Tuesday 12th November the Year 8 netball team played a fixture away against Littleover Community School. The A team faced a tough game, and despite determined efforts did not manage a win. However, the B team shone with confidence, resulting in a 7-1 victory, showcasing strong teamwork and skill. Both teams gained valuable experience and look forward to improving in upcoming matches.

Safeguarding Corner

Episode 22 – Anti Bullying Week

This week we hear from Mrs McBride (Assistant Head - Pastoral, Primary) and Dr Evans-Bolger (PSHEE Lead, Primary). Today's topic is Anti-Bullying Week and what we have been focusing on in school this week. To listen to the pod cast [click here](#).

For further information on Anti Bullying Week, please visit the following links:

<https://www.nationalbullyinghelpline.co.uk/contact.html>

<https://anti-bullyingalliance.org.uk/anti-bullying-week-2024-choose-respect/odd-socks-day/andy-and-odd-socks>



Dates For Your Diary

Wednesday 20th November – Year 12 Online Learning Review Meetings

Friday 22nd November – Year 11, Theatre Trip

Useful Links

School menu week commencing 18th November - [click here](#).

Calendar (via the Parent Portal) - <https://derbyhigh.parents.isams.cloud/>