High Notes

Senior High Notes 17th May 2024

Dear Parents

In today's assembly, I shared a unique and humorous story about Shreddies, a well-loved breakfast cereal brand. Back in 2008, an innovative advertising campaign transformed Shreddies simply by changing its perspective—literally. By rotating the cereal square 45 degrees, they rebranded it as "Diamond Shreddies," sparking curiosity and amusement among consumers. This clever twist not only revitalized the brand but also highlighted the power of changing our viewpoint.

This story beautifully illustrates the importance of mindset and how reframing a situation can dramatically alter our experience. The cereal itself remained unchanged, yet its new image created a fresh, engaging narrative. Similarly, with exams approaching next week, it's crucial for our students to view them not as daunting hurdles, but as golden opportunities to showcase their hard-earned knowledge and skills.

Just as Diamond Shreddies turned an ordinary cereal into something exciting, I encouraged our students to see their exams as a celebration of their growth and learning. This shift in perspective can transform stress into motivation and challenge into triumph. Let's support them in embracing this positive mindset, ready to shine brightly and achieve their best.

I encourage you to take some time to listen to our Safeguarding Corner podcasts. These offer valuable insights into key issues affecting young people today. Should you have any questions or need further support, please do not hesitate to contact our pastoral team.

Best wishes,

Amy Chapman

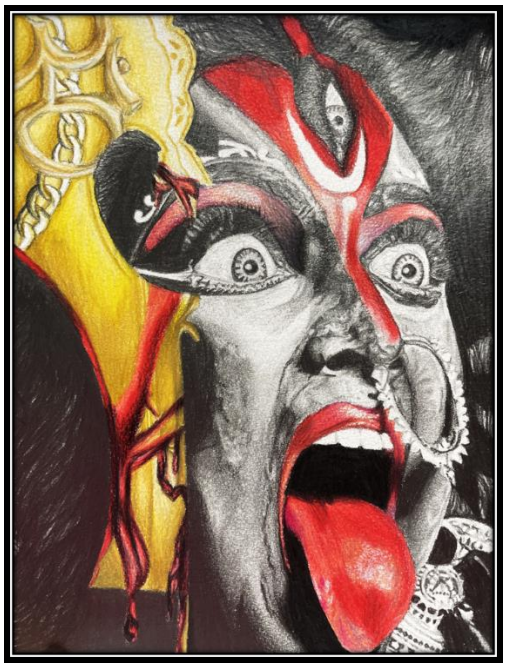
Head

House Art 2024

Congratulations to all who took part in this year's House Art competition. We received a fantastic amount of creative entries which were then shortlisted for the 'People's Choice' vote. Staff and students have

been busy voting for their favourite pieces over the past week and we are thrilled to announce the following winners & runners up:

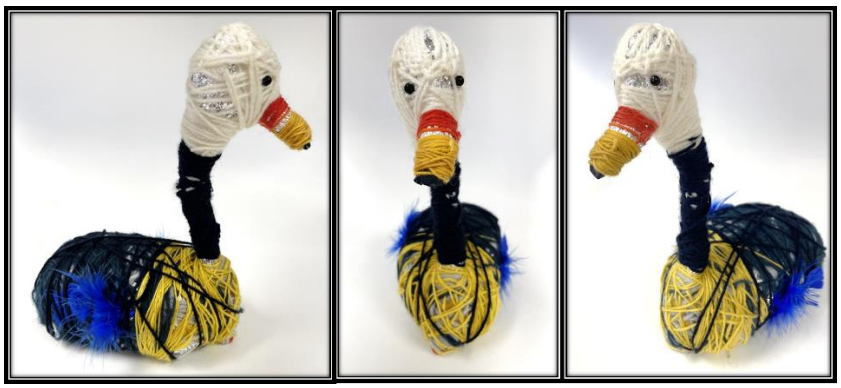
People's choice winner: Ashwin (Year 7)



People's choice joint runners up – two winners: Indiana (Year 9)

And: Emma H (Year 9)

Art prefect and dept choice: Bella (Year 7)



The overall House Winners were St. Andrew!

Gold Duke of Edinburgh

With thanks to Jasmine, Year 13 for her report below:

On Friday 10th May, Tabitha, Chandni and I had the privilege to attend the Gold DofE celebration event in the gardens of Buckingham Palace. We listened to the Duke of Edinburgh, Prince Edward, and many other speakers during the afternoon and were especially inspired by Milly Pickles. She is a motivational speaker and para-athlete who has completed many fitness challenges on her running journey. We thoroughly enjoyed the sunny day and would encourage everyone to take part in the scheme.

Derbyshire County Athletics Championships

Well done to Ava and Poppy (both in Year 9) for competing in the Derbyshire Athletics Championships. The Derbyshire County Track and Field Championships was held last weekend at Moorways Sports Village.

Poppy won the U15 hammer and Ava came second. They have both now qualified to throw for Derbyshire in the Northern Inter-Counties event at the end of the month. Poppy also finished fourth in the shot, discus and javelin.

Congratulations to Ava and Poppy for such a fantastic result!

Congratulations Lachlan

Melbourne RFC held their end of season gala dinner on Friday 10th May. Lachlan (Year 12) was delighted to be awarded with awards for Player of the Year and Highest Try Scorer of the Year. Well done, Lachlan – a fantastic finale to end the season!

Northern Lights over Derby

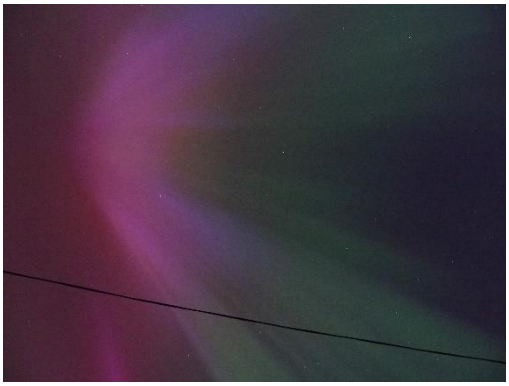
Along with the rest of the world who didn't decide to just go to bed, we were excited to witness the Northern Lights in our unlikely location last Friday night. Mr Dodson and Mr Wesley both managed to take a few pictures of this once-in-a-lifetime event, where charged particles due to solar activity affect the gases in the Earth's atmosphere.

The colours seen on Friday are not that common with the Aurora. The red colour is only seen with intense solar activity, it comes about from the charged particles interacting with oxygen at higher altitudes. The green results from interactions with the more concentrated oxygen at lower altitudes and is more common. The blue and purple colours are also less frequent and come about from interactions with the nitrogen in the atmosphere. Earlier on in the evening, the green colour was evident, as activity increased the reds, blues and purples became visible.

Mr Dodson's snapped the aurora from his back garden, while Mr Wesley got his family up and drove into the Peak District at 11pm to witness it in even darker skies! Here's to this other-worldly light show returning to our skies one day.

Mr Dodson's Photos:

Mr Wesley's Photos:



Safeguarding Corner

In2 Podcast, Episode 8, The Impact of Pornography on Young People

This week's Safeguarding Corner podcast discusses the impact on pornography on young people. The conversation is led by Claire Bellman, Deputy Head Pastoral and Jonathan Thornton, Assistant Head Pastoral.

Please note this week's podcast is delivered in two parts.

To listen to part one, please click here.

To listen to part two, please click here.

Please visit the following links for further information:

Online porn | NSPCC

Growing up with pornography: advice for parents and schools | Children's Commissioner for England (childrenscommissioner.gov.uk)

Additional information and news related articles:

One in 10 children 'have watched pornography by time they are nine' | Children | The Guardian (ampproject.org)

How to talk to your children about porn and other online harms | Child protection | The Guardian

For information on setting parental controls on devices please see the following link:

Use Parental Controls to Keep Your Child Safe | NSPCC

Dates For Your Diary

Thursday 23rd May – Germany Trip Meeting (online)

Monday 27th May to Friday 31st May – half term

Monday 3rd June – return from half term