High Notes

Senior High Notes 9th February 2024

Dear Parents

Yesterday marked a truly magnificent celebration of music here at Derby High. The talent displayed was nothing short of extraordinary, and I extend my congratulations to all the performers in House Music. Whether you graced the finals stage or participated in the heats, your dedication and passion for music shone brightly.

I want to express a special appreciation to Mrs Lesley for her exceptional organisation of this event. Her hard work ensured that the day flowed seamlessly, allowing our students to showcase their talents with confidence.

In my assembly today I asked the students to do the Superhero pose. This was not just a fun way to mimic the Man of Steel, it can actually boost your confidence and mood. Research suggests that assuming this confident posture, even for just a couple of minutes, can have tangible effects on your psyche. The act of expanding your body sends signals to your brain that you are confident and capable. Your cortisol levels decrease, reducing stress, while testosterone levels increase, promoting assertiveness. So, whether you are gearing up for a big presentation like some of our Year 13 have this week with their EPQ, a nerve-wracking exam, performing in House Music or just need a little boost of self-assurance before tackling your to-do list, strike the Superhero pose and feel the difference it can make.

Best wishes,

Amy Chapman

Head

House Music

Yesterday, we had a fantastic day of musical performances in the finals of our House Music competition. It was wonderful to get the Senior School together throughout the day for this special Derby High tradition. Our adjudicator, David Ross, joined us for the occasion and we were very grateful for his constructive and positive comments. Mr Ross was impressed with the quality of music performed which made it a difficult task to be our adjudicator for the day.
The competition saw finalists performing in categories that included intermediate and senior piano, strings, woodwind, brass, composition, drums, singing, duets and small ensembles.

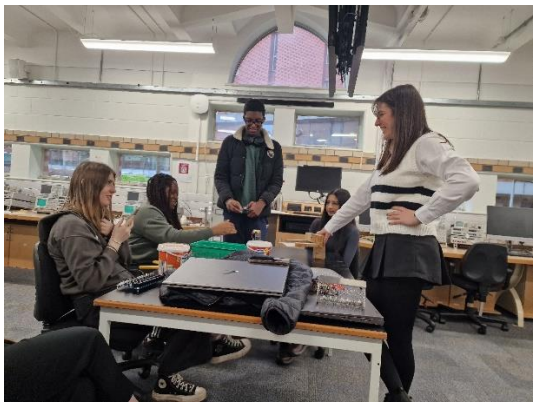
The trophy for Intermediate Musician of the Year was presented to Anna (Year 9), with Denny (Year 9) being presented with a Highly Commended award. The trophy for Senior Musician of the Year was presented to two students this year, Esther (Year 12) and Lucy (Year 13).

The winner of House Music overall this year is St. Patrick, having accumulated the most points throughout the whole competition.

To view more photographs from our gallery please click here.

Industrial Cadets

Last week the two Industrial Cadet Teams attended their annual overnight workshop. Held in De Montfort University, the teams were able to use the extensive facilities to design and build prototypes of their designs for a Tree Planting Attachment and a Beach Cleaning Attachment for a JCB vehicle. It was a very successful couple of days and both teams worked very hard on this vital part of their project. As an added bonus, they also won the Monday Night Quiz! They are now working towards their report deadline in April and their assessment in May.



ARTiculation Regional Final

Eliza - Janis Rozentāls; Nāve (Death) (1897)

Sneha - Marc Quinn; Self (1991, 1996, 2001, 2006, 2011)

Anna – Berthe Morisot; Le Berceau (The Cradle) (1872)

On Monday, 5th February, Anna, Eliza and Sneha (Year 12) took part in the ARTiculation Regional Final at The Hub Gallery, Sleaford. The students enjoyed a tour of the gallery and visited Jo Cope's exhibition, 'The Wisdom is in Your Feet'. Everyone was praised for their thought-provoking and accomplished presentations, answering the judges' questions with perceptive detail.

Eliza's presentation on Janis Rozentāls won her a place in the ARTiculation Grand Final, which will take place on Wednesday, 20th March, at the British Library, London.

Year 8 Trip to Symphony Hall

On Wednesday 7th February, Year 8 went to see the City of Birmingham Symphony Orchestra performing at Symphony Hall, Birmingham. The concert featured extracts of music from a variety of

composers, including music from Harry Potter by John Williams, Ravel's Bolero and Masquerade by Anna Klein. The CBSO presented an interactive programme which featured the different sections of the orchestra. The Soul Bossa Nova by Quincy Jones featured the fantastic percussion section and it had us up on our feet dancing! We all enjoyed the experience of hearing this renowned orchestra playing in this world-class concert hall which is on our doorstep. We recommend a visit!

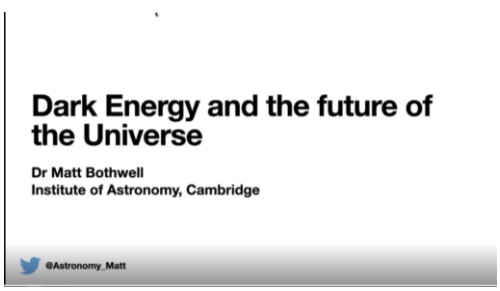
A Level Business Studies visit Ratcliffe Power Station

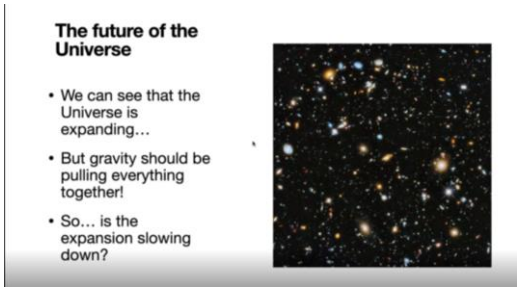
On Wednesday the Year 13 Business students were fortunate to spend the morning at Ratcliffe Power Station. With presentations by some of the senior managers at the company and a fascinating tour of the site, students gained a valuable perspective on how the strategic decisions of the site and the business of Uniper are made, as well as the impact of government regulation and the pandemic on the business operations. It is very rare to get such a glimpse of the running and decision-making taking place in an actual business and the students were able to see the theory from the classroom in practice in a world-class company. We were fortunate to be on site when the power station was running in what may not happen many more times before the site closes in September. We are extremely grateful to all at Uniper for their time and support, it certainly was a worthwhile and valuable trip.

Astro Club learns about Dark Energy

The universe is not only expanding, it's expanding ever more quickly, but we cannot say why. Dark energy is the current explanation for this counter-intuitive phenomenon. We were so grateful to welcome back Dr Matt Bothwell, Public Astronomer at Cambridge University, to talk to us about this mysterious force of nature that might just explain why the universe is behaving the way it is. This was Dr Bothwell's third talk at our Astro Club, and his clear, enthusiastic style is always a treat. Our students asked loads of questions, showing that this was really a topic that got their imaginations running riot! Check out Dr Bothwell's book "The Invisible Universe" if you get a chance.

There is no Astro Club next week owing to the Year 9 Learning Review, but we return after half term for three more talks, the first of which is planned to be from Dan Pye, Director of Astronomy at Kielder Observatory where he will hopefully be giving us a tour of the observatory which is located in one of the few designated "dark skies" sites of the UK. Wishing you all clear skies for the new moon next week!





A Level Theatre Studies

Our Year 12 A Level Theatre Studies students have had a very busy week concluding this morning with their Extract 1, Component 3, performance. The performance this year is an extract from Shakers by John Godber & Jane Thornton where they are challenged to play the role of both the waitresses and the customers at the cocktail bar set in the 1980s.

U14 Girls' Football

The U14 girls' played a DCCT Football tournament at Murray Park. Captained by Liz, they played 4 matches in total winning the first 3 significantly (with a 5-0 result against Littleover) and drawing 1-1 in the fourth match. Ruby scored multiple goals against the other teams and Alice was an outstanding goalkeeper. Overall the girls played really well and demonstrated excellent team work throughout the tournament - well done!

U13 Football County Cup, Round 2

In a thrilling U13 County Cup encounter, Derby High showcased their prowess as they edged past Heanor Gate Academy with a score of 2-1. Right from the kick off, Derby High asserted their dominance, swiftly penetrating Heanor Gate's defence with their agile movements and cohesive teamwork. The deadlock was broken midway through the first half when Barney capitalised on a defensive lapse from Heanor Gate, calmly slotting the ball past the goalkeeper with clinical precision. Heanor Gate managed to pull one back, capitalising on a defensive error to reduce the deficit. The goal injected a renewed sense of urgency into the match. In a dramatic turn of events, Derby High took the lead through a well-executed header from Dylan. In the end, Derby High emerged as deserving victors, showcasing their skill, determination, and tactical awareness.

Year 11 Netball

On Friday 2nd February the Y11 Netball team played a fixture against Twycross School. The teams were really well matched and the scores were close for the whole game. The final result of 12-12 was a great reflection of a really competitive game.

Year 10 and Year 12 Netball

Year 10 and Year 12 netball teams played away fixtures versus Abbotsholme School on Wednesday afternoon. The teams played some excellent netball and dominated their games. Both teams were victorious with Year 10 winning with a score of 13-9. Year 12 won with a score of 28-3.

National Citizen Service Summer Programme

This week we had NCS (National Citizen Service) come into school to launch this summer's programme to Year 11. NCS run week-long residential experiences for students aged 16-17. NCS is nationally recognised and is all about helping teenagers realise their potential by giving them a taste of independence and arming them with new skills that set them up to achieve their future goals, whatever they may be. A place on NCS is worth over £1000! However, thanks to government funding, the cost to our students is £95. Parents of Year 11 students have received a HighPost with further information.

In the session on Tuesday, our Year 11 students heard all about the opportunities available, as well as taking part in some fun team-building games such as quizzes, physical challenges and a strawberry lace race.

Rolls – Royce Female Apprentice Open Evening

Bridge the Gap Fundraising

Thank you to everyone for their support with our non-uniform day on Monday. We are delighted to have raised £865 for this local charity. The charity has sent the following message:

"We really appreciate the fundraising you've done for us. It's going to go towards the outdoor space that were crowdfunding for! We're 72% of the way to our target so far!"

Parental Collection from Fixtures

Students must ensure that they have clearly communicated to their parents both the time and place of pick-up following school fixtures. Parents may choose to pick-up at an 'away' venue. Parents must pick up their child from the teacher; teachers will not release students without seeing the parent. If parents have not arrived when the transport back to school leaves the venue, the student will be taken back to school with the rest of their team. The PE staff will not leave students behind at an 'away' venue without known adult supervision, under any circumstances.

Timetable Information

Next week we will be on timetable B.

Safeguarding Corner

The following sessions and events are provided by organisations outside of DHS.

Saturday 17th February Fundraising Cake Sale at Bridge the Gap

10am – 12pm at Bridge the Gap – for parents/children to attend - seek advice, eat cake, buy lovely things to promote good mental health and wellbeing. All funds raised go towards the building of our community garden space with the YMCA that children and families will soon be able to access. Lovely, calming green space to lift your mood. Please see the following link for more information: https://www.crowdfunder.co.uk/p/bridge-the-gap-allotment

Saturday 2nd March Emotional Health Drop at Bridge the Gap 10am – 3pm

For parents/children to attend for on the day mental health support and advice for children. Access resources, signposting, seek support without judgement.

Positive Social Free Online Parents' Session; Monday 4 March from 8pm-9pm.

- How do you help your child make good choices on social media?
- What sort of boundaries do you need to consider – and will they really work?
- How can you create an environment where your child shares their social media experiences with you?

If your children are on social media, or could be in the next few years, then this Positive Social session is designed to empower parents to make good choices when it comes to their social media use.

Amongst other things, we'll be discussing:

- How to create better conversations with our children
- Appropriate boundaries
- Technology tips for parents
- What research and science says about social media use
- What you can do personally to impact your children

This event is free but any donations will be used to fund the sessions in the UK's secondary schools. You can book your place at: [Join the guestlist – Who's in control - you or social media? A Positive Social parents' session. – Zoom, Mon 4 Mar 2024 7:45 PM - 8:45 PM (tickettailor.com)]

There will be plenty of time for questions during this interactive session.

Social media expert Mark Saxby, from the Positive Social charity, has delivered workshops to hundreds of young people since 2014, helping them gain back control of their lives from social media. Mark and his team have delivered sessions to many of our students.

Dates For Your Diary

Thursday 15th February – Year 9 Learning Review (on-line)

Friday 16th February – House Badminton

Friday 16th Feb – 3:45am February half term begins (late-waiting available)