



Senior High Notes Friday 15th May

Dear Parents

This week has marked the start of the GCSE and A Level examination season and, so far, all has gone very smoothly. There has been a calm sense of purpose around school this week, with students clearly focused and approaching their examinations with maturity and determination. Exam season always changes the atmosphere slightly; there is a different rhythm to the school day, but also something quite special about seeing students rise to the challenge and recognise the importance of the moment they are in.

On Wednesday evening, we were delighted to welcome so many prospective and current families into school for our Open Evening. It was the first time we have held an evening event of this kind at this point in the year and it was incredibly well attended. In particular, it was wonderful to welcome so many Year 10 families as they begin to look ahead to Sixth Form. Transition points are important moments in a young person's education. They give students and parents the opportunity to pause, reflect on how far they have come and begin to think carefully about the next stage of the journey. For our current families, I think there is something reassuring and exciting about being able to see that next step clearly, to imagine themselves there, and to recognise the opportunities, independence and sense of community that our Sixth Form offers.

A huge thank you also goes to our Year 12 tour guides who represented the school brilliantly throughout the evening. They spoke with such warmth, honesty and confidence about their experiences at Derby High and they should be very proud of the impression they made.

Next week brings examination week for Years 7, 8 and 9, alongside the first of two weeks of examinations for Year 10. Year 12 will complete their examinations after half term. Whilst examinations can naturally feel daunting, they are an incredibly important part of the learning process and their value goes far beyond the final result. Examinations are about learning how to prepare properly, how to work under pressure and how to perform in an exam room environment. They help students understand how they revise most effectively, what they have truly secured from the year and where they still need to improve. In many ways, examinations are as much about self-understanding as they are about assessment. I often think there is a useful comparison with Olympic athletes. Olympians work within a four-year cycle, building steadily towards one key moment where they hope to perform at their very best. Along the way, there are setbacks, training sessions, smaller competitions, lessons learned and constant reflection on what needs to improve. Our students'

journeys towards GCSEs and A Levels are not so different. The examinations themselves matter, of course, but so does everything that happens beforehand: the preparation, the discipline, the resilience and the understanding gained along the way. Elite athletes do not judge every performance simply by whether they stand on the podium. They look for progress, for improvement and for personal bests. We should think about examinations in much the same way. Success is not simply about perfection; it is about growth, effort and becoming better than you were before.

As we head into the coming weeks, we wish all of our students the very best and remind them that success is not simply about perfection, but about growth, effort and continuing to improve.

Best wishes,

Amy Chapman

Head

GCSE Religious Studies

Our Year 10 GCSE Religious Studies students were visited by two professors from the University of Nottingham to help them learn more about jihad. As part of their current studies, the topic helped them to gain a deeper and more accurate understanding of a concept that is often misunderstood in the media.

Throughout the session, students were encouraged to ask difficult and thought-provoking questions about religion, ethics, and the way Islam is represented in modern society. It was a brilliant opportunity to hear directly from experts in the field – we are hugely grateful to the University of Nottingham for running the session and look forward to future partnership events.

Year 7 Cricket: Derby High v Repton Prep (county cup)

Derby High's Under 12 cricket team faced a tough challenge in the County Cup against Repton Prep. After winning the toss, Repton elected to bat first and quickly settled into a strong rhythm at the crease. Despite some disciplined bowling and sharp fielding from Derby High, Repton's openers batted confidently and laid the foundations for an impressive total. Repton eventually closed on 163/2 from their 20 overs.

In reply, Derby High knew they needed a fast start, but Repton's accurate bowling attack made scoring difficult from the outset. Santosh and Seth both showed determination and resilience, digging deep against some tight bowling, but the required run rate continued to climb. Wickets fell at regular intervals as Derby High tried to accelerate, and the innings finished on 83/7 from their 20 overs.

Although the result did not go Derby High's way, the team continued to battle throughout and showed plenty of effort and commitment in the field against a strong Repton side.



Top of the Pops Fundraiser

As part of Year 11 Celebration Day ahead of starting GCSEs, Year 11 put on their annual Top of the Pops show. The theme this year was "Blast from The Past" and there were some excellent lip sync/dance performances from the students, with a few guest appearances from staff thrown in. A packed hall created a fantastic atmosphere and helped to raise £498, which has been shared between two charities, "Cystic Fibrosis Trust" and "Justice and Care".

Thank you to everyone who supported the event.



Jamie's Snowden climb

Derby Hospital Renal Department is currently fundraising to buy a new caravan for dialysis patients. Patients receiving dialysis require treatment at least three times a week, often for the rest of their

lives. This can make something as simple as a holiday extremely difficult to arrange, as patients need reliable access to dialysis treatment while they are away.

At Derby, patients have access to a dialysis caravan at a caravan park in Caernarfon, Wales. This gives patients the chance to enjoy a break while still receiving the treatment they need.

Unfortunately, the current caravan is coming to the end of its life, so the department is trying to raise £75,000 to buy and equip a new one.

Last weekend, to raise awareness and money for this cause, Jamie in Year 12 joined a team of Derby Hospital medical staff and their families in carrying a 55kg dialysis machine, called Dougie, up to the summit of Snowdon and back down. It took around six hours to get from the base to the summit and raised a significant amount of money, but there is still some way to go to reach the fundraising target.

If you would like to donate towards the dialysis caravan, please use the link below.

[Toni Stanley is fundraising for Derby and Burton Hospitals Charity](#)



Derbyshire County Championships

Congratulations to Sam, Year 12, who over the weekend took part in Derbyshire County Championships. Sam came away with two bronze medals for the 1500 metres and the 3k and a silver medal in the triple jump. Sam also gained a PB in his 1500 by 7 seconds!

Congratulations, Sam - a very successful weekend!



Uniform Shop Appointments

If you would like to visit the second-hand uniform shop during the May half term, please email Mrs Holland at uniform@derbyhigh.derby.sch.uk to arrange an appointment. Thank you.

Safeguarding Corner

Safeguarding podcast – In2 Disordered Eating

In this week's podcast, Mrs Bellman (Deputy Head – Pastoral) and Mrs Cornes (Pastoral Support Assistant) explore the topic of disordered eating, including early signs that may suggest a child is beginning to develop a concerning relationship with food.

Mrs Bellman and Mrs Cornes suggest who to go to for help and advice if you are worried about your child. To listen, [please click here.](#)

For more information visit the following websites:

[Helplines - Beat](#)

[First Steps ED | Eating Disorder Support & Recovery Charity](#)



The Online Safety Act: Are Children Safer Online?

This is a new report from Internet Matters using data from surveys and focus groups offering a view of how new online safety rules are shaping families lives.

It's a very interesting report, e.g.:

- Seven in 10 children and parents report seeing more safety features such as ways to report and filter content.
- Around half of children have been asked to verify their age on platforms.
- 54% of children report that the content they have seen online recently is more child-friendly.

But:

- Almost half of children think age checks are easy to bypass (fake birthday, drawing on facial hair).
- A quarter of parents have allowed their child to bypass age checks.
- Almost half of children say they have experienced harm online in the past month.

Link: [Internet Matters Report - The Online safety Act: are children safer online?](#)

How to Talk to Children if they see Traumatic Events

Many children will have seen or heard some of the horrific events that have been happening recently. Whether that's on the news, someone discussing it, or perhaps online, children can be traumatised by what they are seeing and hearing.

This article from The Conversation discusses the issue and gives some really good advice.

Link: [The Conversation - How to talk to children when terrorist attacks and violence dominate the news.](#)

From Alan McKenzie's online safety update

Dates For Your Diary

Monday 18th May – Senior and Sixth Form Exam week

Friday 22nd May – Year 7 End of exams trip to Conkers

Friday 22nd May – 3.45pm May half term break begins, Late Waiting still available

Monday 1st June – Return to school

Monday 1st June – Year 10 Summer Examinations, week 2

Thursday 4th June – Madrid trip meeting for parents (online)

Monday 8th June – Year 10 Sixth form taster day

Wednesday 10th June – Year 12 JCB Presentation trip to JCB HQ

Friday 12th June – Year 7 trip to Yorkshire sculpture park

Saturday 13th June – Alumni Summer get together noon to 2pm

Useful Links