# High Notes

**Senior High Notes Friday 25th April 2025**

## Dear Parents

It has been a real pleasure to welcome everyone back after the Easter break. Our Year 11 and Year 13 students have returned with a clear sense of purpose and a strong work ethic, clearly well-prepared for the important weeks ahead. Signs of the exam season are already beginning to appear: language orals are underway, and our Art and Design students will soon begin their practical assessments. This is a unique time for these year groups—when focused revision sits alongside reflection and celebration, recognising just how far each student has come on their journey. We are incredibly proud of their commitment, resilience, and determination.

In my assembly today, I spoke to students about what it takes to reach the summit - both literally and metaphorically. I shared the story of two climbers who recently broke a world record by scaling three of the toughest peaks in the Swiss Alps - Eiger, Mönch and Jungfrau. Their achievement was not just about physical endurance or speed, but about careful preparation, grit, and, most importantly, courage in the final stretch. I encouraged our Year 11 and 13 students to see themselves on their own final ascent. The exams are in sight; the summit is within reach. But, as with any demanding climb, the final stage is often the hardest. It is when energy wanes, distractions increase, and doubts can creep in. This is when courage matters most, not the loud kind, but the quiet resilience to keep going. To revise a little longer. To ask for help. To believe in themselves. They have already come so far. Now is the moment to dig deep and finish strong. The view from the top will be worth it.

This afternoon, our Year 11 Silver Duke of Edinburgh participants set off on their practice expedition. We wish them every success and, of course, hope the sun continues to shine! The skills they are building through the DofE programme, such as teamwork and independence, are so important at this stage in their lives.

As always, this term promises to be a busy one, packed with events, enrichment opportunities, and end-of-year celebrations. Please do keep a close eye on the school calendar via the iSAMS Parent Portal to stay informed about everything that is coming up.

Over the Easter break, there has been a great deal in the media about the increasing pressures on young people and the impact this can have on their wellbeing, mental health and behaviour. At Derby High, we are deeply committed to safeguarding and supporting every student. Now, more

than ever, the connection between home and school is vital. If you ever have any concerns about your child, or feel they need additional support, please do not hesitate to contact a member of our pastoral or safeguarding team, we are here to help. Do take a moment each week to read the Safeguarding Corner at the end of High N otes. With technology, social media, and wellbeing topics constantly evolving, it is a valuable way to keep up to date with issues that may affect your child and a helpful tool for starting meaningful conversations at home.

Best wishes,

Amy Chapman

Head

**Year 8 Netball**

On Tuesday, a Year 8 netball team took part in the third and final evening of their Derby City Netball League, held at West Park School. We played in three games, with each game comprising of three 5 minute thirds. The first game was against Ecclesbourne and, despite some nice elements of play and some shots on goal, the team were unable to secure as many goals; Ecclesbourne won the game 9-1.

The next game against Woodlands was tighter, particularly in the centre court, where our players significantly improved their moving to space and passing accuracy, keeping possession a lot more consistently. There were some nice goals scored, too, but Woodlands sneaked the win, 5-2.

The final game against West Park was also a tight one, and very end to end. There were goals galore, and even some that unfortunately popped back out of the net - which was frustrating for the team, when they had worked hard to get the ball down to our shooting circle. The final score was 7-4 to West Park, but the team should be proud of their efforts and progress throughout the afternoon's netball. Well done to all who took part!

**Year 11 Top of the Pops**

As Year 11 students approach the end of Key Stage 4 and prepare for their GCSE exams, they are hosting their very own Top of the Pops event to raise money for Cancer Research. We invite all students to come along and show your support! The event will take place on Friday 2nd May at 1pm. Entry is a donation of £2, there will be some sweets to buy so please do bring some extra money if you wish to purchase sweets. All funds raised by Year 11 will go to Cancer Research.

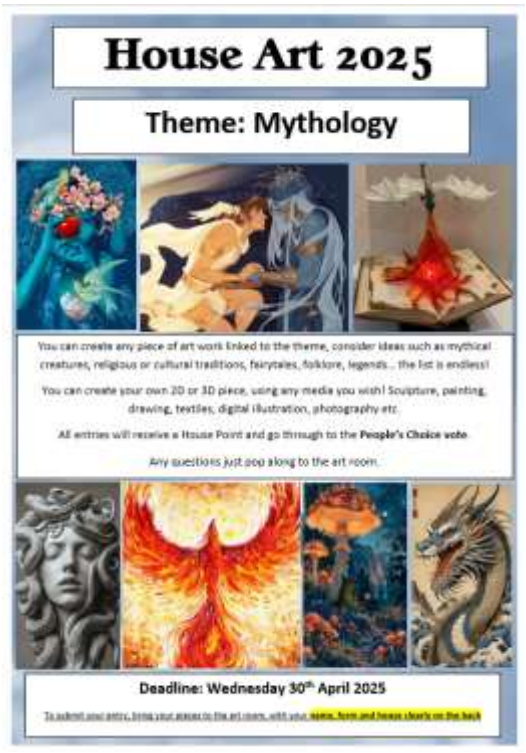
Thank you for your support, and good luck to all Year 11 students in your upcoming GCSEs!

**House Art 2025 Reminder**

The deadline for the House Art competition is Wednesday 30th April. Please bring your Art work to the Art room and hand to Mrs Martin-Smith, Mr Stokes or Kate (Year 12). Please ensure your name, form and house is displayed with your Art Work.

Thank You to everyone who has already submitted their amazing entries received so far!

Mrs Martin – Smith



**Amelie's fundraising for Cancer Research UK**

Amelie, in Year 9, is taking on the Race for Life Pretty Muddy 5K in Nottingham on Saturday, 21st June to raise funds for Cancer Research UK.

If you'd like to support Amelie in her fundraising journey for this incredible cause, please click the link below to donate: Amelie's Race for Life

Thank you for your support!

**Individual Portrait Photos**

Please be reminded that on Monday and Tuesday we will be taking individual portraits of our senior students.

Year 8, Year 10 and Year 12 will have their photos on Monday. Year 7 and Year 9 will have their photos on Tuesday.

Senior students should wear standard, formal school uniform please: blazers, white open-neck blouse with revere collar or buttoned, collared shirt with black watch tie. Jumpers are optional.

Sixth form students should wear their navy suit and formal white shirt or blouse.

## Safeguarding Corner

**Safeguarding Podcast Episode 37 – Exam Season**

As we begin our summer term and with senior examinations on the horizon, Mrs Bellman and Mrs Balfour discuss the exam season at Derby High.

To list to the podcast please click here.

For further information and support on this topic please click on the following links:

Five ways to help your kids kick-start revision - BBC Bitesize

Exam Time & Exam Stress | Parents Guide To Support | YoungMinds

## Dates For Your Diary

Monday 28th April - GCSE Art Exam

Monday 28th April – Individual Portraits for Year 8, Year 10 and Year 12

Tuesday 29th April - Individual Portraits for Year 7 and Year 9

Wednesday 30th April – Senior School Recital

Thursday 1st May – Year 13 Leavers Night

Friday 2nd May – Year 11 Study Leave Begins

## Useful Links