



High Notes

Senior High Notes Friday 3rd October 2025

Dear Parents

This week, I began my conversations with Year 13 students who are ready to press “send” on their UCAS applications. It is always a joy to hear their decisions, the courses they have chosen, the universities they are excited to join, and the preparation they have undertaken to make their applications as strong as possible. Reading their references is a moment of pride, it matters that they hear the genuine admiration and care their teachers have for them.

These meetings are a powerful reminder of just how well-prepared our students are for the choices ahead. They are guided by excellent support and advice, yet ultimately choose individual pathways that truly reflect who they are and where their strengths lie. That confidence comes from knowing themselves well, having explored their interests deeply, and understanding what matters to them.

This reflection feels especially close to home this week. At the weekend, I took my own daughter to Durham University to begin her own journey. Last year, she sat where our Year 13s sit now, weighing possibilities and making choices that would shape her future. This final year at school truly does pass in the blink of an eye. Yet she made the decision that was right for her, and she is already flourishing in her new setting. Watching her step forward with such confidence reminds me why this stage of school is so important, to prepare young people not just to take the next step, but to take it with clarity and courage.

This year, our Year 13s stand where so many have stood before them, full of questions, hopes, and dreams. Soon they will be walking their own paths, carrying with them the support, guidance, and self-knowledge they have gained here.

Best wishes,

Amy Chapman

Head

Year 9 Whitemoor Lakes Residential

From Monday to Wednesday this week, the Year 9 residential took place at the Whitemoor Lakes activity centre in Staffordshire. In glorious late September sunshine, students enjoyed a packed schedule of activities including canoeing, abseiling, climbing, raft-building, and team-building challenges. With enthusiasm, the students embraced the opportunity to try new things, and many happy memories were made.



Senior Music Recital

Last night's programme featured a wonderful variety of solo performances from students across the Senior School. Congratulations to all of our performers for delivering such a memorable evening – it was a true celebration of the musical talent within our school community.

We would also like to extend our thanks to our dedicated peripatetic music teachers for preparing the students so brilliantly, and to Mrs Lesley and Mrs Storey for organising such an enjoyable and inspiring event.



Lost Atoms Trip, Leicester Curve Theatre

Although there are some tired KS4 and KS5 Drama faces around school today, last night's trip filled us all with energy and a renewed passion for theatre. In Frantic Assembly's latest production, we laughed, we cried, and we all came away discussing our thoughts and feelings about the characters, and about the themes of memory and love. Frantic's distinctive physical style meant we saw a truly 3D performance; the two person cast navigated their memories about their relationship whilst scaling a wall of filing drawers. The actors pulled out their memories and brought them to life, rather like Harry Potter retrieving a prophecy from the Department of Mysteries.

The students are looking forward to sharing their interpretations in lessons, and we're looking forward to impressing examiners with all our ideas about the play.



Year 10 City Netball Tournament

Derby High's Year 10 netball team put on a fantastic display of determination, teamwork, and sportsmanship at the recent City Netball Tournament held at Murray Park. Facing strong a varied

opposition in four games in the pool stage, the team progressed all the way to the final, showcasing both skill and spirit throughout the event.

The opening pool match was a tough test against a well-drilled Ecclesbourne side. A slow start saw Derby High trail 4-0 at half-time, but the team regrouped and fought back impressively in the second half. Despite their best efforts, the match ended in a narrow 7-5 loss.

Eager to bounce back, the team stepped up their performance in the second game against Murray Park. With greater control and fluid play, Derby High dictated the tempo and secured a well-earned 5-2 win.

Next up was a match against Bemrose. Although their opponents were relatively new to the sport, the Derby High players maintained their high standard of play and approached the game with respect and professionalism. Their efforts were rewarded with a commanding 13-0 victory.

In the final pool match against Leesbrook, Derby High continued their strong form with a 7-0 win. A standout moment of this game came off the court, when players Harriet (1st half) and Amelie (2nd half) stepped in to play for Leesbrook to ensure a full team could take to the court—an excellent display of sportsmanship that summed up the team's spirit throughout the day.

Finishing second in their pool, Derby High advanced to the semi-final of the Cup competition, where they faced the winners of the other group—Littleover. This match proved to be one of the most exciting of the day: a fast-paced, end-to-end contest in which Derby High rose to the occasion, converting their chances with confidence and intensity. The 10-5 win was a brilliant achievement and secured the team a well-deserved place in the final.

In a rematch against Ecclesbourne, Derby High went into the final full of belief and determination. The first half was tightly contested, with both teams battling hard in a crowded centre third. Ecclesbourne's clinical shooting proved decisive, and while Derby High continued to show tenacity and excellent teamwork, they were unable to close the gap, eventually finishing runners-up after a 12-3 defeat.

A huge well done to every single player - everyone played a vital role in the team's success throughout the tournament. A special thank you also goes to the team for being so supportive of one another and for embracing a variety of positions during the afternoon, showing true versatility and sportsmanship. The team should be incredibly proud of all they achieved. Well done, everyone.

Team: Hollie (captain), Amelie, Phoebe, Izzy, Pippy, Phoebe, Harriet and Charlotte



Senior and Sixth Form Open Morning

Thank you to all the students who have volunteered to support with our Senior and Sixth Form Open Morning on Saturday 11th October. A Highpost will be sent next week with further details.

Safeguarding Corner

Safeguarding Podcast – Adolescence Effect



- Did you watch the Netflix drama 'Adolescence'?
- Are you worried about what your children might be up to online?
- Would you like to have a better understanding of incel culture and misogyny?
- Do you want some ideas about how to protect your children, especially our boys, against such negative influences?

Prevent Education Officer Sally Siner, supported by Online safety expert Traci Gregory are offering a free online webinar for parents and carers of children and young people on:

Thursday 16th October 6-7pm

No need to book, just join the link below on the day!

Microsoft Teams [Need help?](#)

[Join the meeting now](#)

Meeting ID: 347 560 314 556 3

Passcode: Y5GK9Ts3

Derby High School Safeguarding Podcast; Episode 35 Adolescence and Online Safety

Back in March, Mrs. Bellman and Mr. Thornton discussed the Netflix drama, Adolescence. Today we listen back at the podcast which offers advice how parents can support their child with online safety. To listen to this episode again – [please click here.](#)



For further information please visit the following links:

[The hidden meaning behind these emojis in your child's messages](#)

[The hidden meanings behind the emoji your children are using - including pills, beans and '100' | Daily Mail Online](#)

Positive Social – Taking Back Control of Lives From Social Media

Positive Social is a UK charity which runs interactive classroom-style sessions helping children make better decisions about how they use social media. They run regular free Zooms for parents and also deliver training sessions for teaching staff. They have a two online events for parents coming up;

Navigating Social media With Your Children – Tuesday 14th October 8.15pm

Connected but not consumed – Navigating Social Media With Your Child – with Techtimeout 12.30pm

For more information and to book onto the session [please click here.](#)

Dates For Your Diary

Monday 6th October – House Dance Rehearsal Week

Thursday 9th October – A Level art trip to Textile Exhibition

Friday 10th October – House Maths KS4/5

Friday 10th October - World Mental Health Day - Fancy Dress Competition

Saturday 11th October – Senior and Sixth Form Open Morning 10am to 12:30pm