High Notes

Senior High Notes 7th February 2025

Dear Parents

Change can often evoke strong emotions, particularly when it touches on tradition and identity. I understand that any alteration to a familiar uniform can feel significant, and I want to reassure you that our new culottes are designed with both practicality and tradition in mind. I fully appreciate that for some, this conjures memories of culottes in the 1980s - a style I must admit I had not personally experienced! In reality, the change is subtle, the culottes look just like our existing skirt, only with fewer pleats. The aim is to provide our students with greater ease of movement while maintaining the smart appearance that defines Derby High. Schoolblazer has carefully designed and trialled the new culottes with students of different body types to ensure a well-fitting, comfortable, and inclusive uniform option.

These photos highlight the minimal difference, and I hope they provide reassurance that the essence of our uniform remains unchanged.

Culottes

Skirt

At the heart of this update is our commitment to balancing tradition with practicality, ensuring that our students feel both comfortable and confident. I truly appreciate the feedback and conversations this change has prompted, it speaks to the deep sense of pride our community has in our school.

As always, thank you for your support as we continue to move forward together.

This week is Children's Mental Health Week, a time to reflect on the importance of supporting young people's emotional wellbeing. Many of you may have watched Inside Out 2 when it was released last year—I did, and I loved it. Not just because it is a fantastic film, but because its themes are so important. It beautifully captures the emotional rollercoaster of growing up, reminding us that all feelings have a role to play in our lives. As children become teenagers, their emotions grow more complex, and learning to understand and manage them is a crucial part of their development.

In Inside Out, we were introduced to Joy, Sadness, Anger, Fear, and Disgust—emotions that guided Riley through childhood. In Inside Out 2, as Riley enters her teenage years, new emotions emerge: Anxiety, Embarrassment, Envy, and Ennui (boredom). These are feelings that many of our young people will recognise, and understanding how to navigate them is an essential part of their wellbeing.

At Derby High, we know that pupils learn best when they feel happy, secure, and understood. If a young person is feeling anxious, overwhelmed, or disconnected, they will struggle to thrive both academically and socially. That is why wellbeing is at the heart of everything we do. Our focus is not just on academic success but on ensuring that every pupil feels valued, supported, and cared for.

We want every young person to know that their emotions are valid, that they are never alone, and that there are always people who care. Whether it's a teacher, a form tutor, a member of our pastoral team, a family member, or a trusted friend, there is always someone here to listen. Encouraging open conversations about emotions is one of the most powerful ways we can support mental health, and we are committed to fostering a school environment where pupils feel able to do so.

If you are ever concerned about your child's wellbeing, please do get in touch. We are here to support not only our pupils but also our families, working together to ensure that every young person can grow, learn, and flourish.

Best wishes,

Amy Chapman

Head

KS3 County Badminton Finals

Derby High School proudly attended the KS3 County Badminton Finals held at John Port School this week, competing in an exciting afternoon of singles and doubles matches.

A special mention goes to Adi in Year 9, who delivered an outstanding performance by winning all of his games. The team determination and skill saw them progress into The Plate round, where they dominated their final singles and doubles matches, securing victory.

A fantastic effort from all players involved well done, Derby High!

KS3 County Table Tennis Tournament

Derby High School took part in the KS3 County Table Tennis Tournament at Draycott Table Tennis, showcasing great skill and determination.

A huge well done to George, Adam, and Yedidia for their impressive performances, making it through to the quarter-finals. Their hard work and dedication were evident throughout the competition.

Well done to all who took part, fantastic effort!

U18 Netball Fixture

On Thursday, an U18 Netball team travelled to Trent College to play in a friendly netball fixture. From the outset, it was clear it was going to be a competitive and end-to-end game - and it was, for all four quarters! Throughout each quarter it was tight in the centre court, with interceptions galore from both sides. In the circles, it was tight but DHS did a fantastic job securing the majority of their shots - whilst also, down the other end of the court, attempting to thwart Trent's shots. There were some awesome goals from Lia, Chloe, Beth and Poppy throughout the afternoon; but every member of the squad contributed excellently to the team's efforts today. The final score was 24-17 to Trent; but the team fought right to the end and after each quarter there were only 1 or 2 goals difference - so a significantly tighter game than the final score might suggest. Well done to everyone who took part - they were an absolute pleasure to take and a credit to the school.

Half Term Football camp

Derby County Community Trust have a wide range of football activities available during February half term, for more information please follow [Holiday Coaching | Derby County Community Trust]

DCCT are running open access football holiday coaching courses on the following dates: Monday 17th February-Friday 21st February at Rykneld Sports Centre (Derby), The Racecourse (Derby) & Belper Leisure Centre. There are limited spaces available on all these courses and spaces are allocated on a first come first served basis.

A Big Thank you!

Today Derby High School's students and staff had a non-uniform day in aid to support 'Little Princess Trust'. Your generous donations have help to support the charity to provide real hair wigs to children and young adults who have lost their own hair through cancer treatment or other conditions. In addition the charity also funds research into kinder more effective childhood cancer treatments. Thank you for your kind donations.

Book donations

Thank you to everyone who donated books to the OwnBooks Book drive. Your generosity has been outstanding, the charity and by extension the children receiving the books will appreciate them. You've changed lives.

The last day for the collection will be Wednesday 12th February. So, if anyone has any last-minute books to donate you still have time.

Schoolblazer Sale

Schoolblazer will be running a sale from 10th – 14th February 2025.

There will be up to 1/3rd off selected items online at schoolblazer.com during the sale period, while stocks last and on in-stock items only.

Safeguarding Corner

Safeguarding Podcast, Episode 30, In 2; Friendships

Today's podcast is brought to you from Mrs. McBride and Dr E-B, who discuss young people and friendships. Click here for this week's podcast.

For further information, YoungMinds offer some useful advice for young people:

Friends can be a big help for your mental health, but sometimes things change. If you're not getting along with friends right now, you have had a fallout, or you just feel uncomfortable in your group, our tips and advice can help you through it.

Click here.

Children's Mental Health Week

Take part in Children's Mental Health Week this week from home, along with all the other families getting involved! Families - Children's Mental Health Week

This week, focuses on the theme of **Know Yourself, Grow Yourself** - empowering children, young people, and the adults who surround them to embrace self-awareness and explore what it means to them.

Dates For Your Diary

Wednesday 12th February – Year 9 Learning Review

Thursday 13th February – Year 9 Learning Review

Friday 14th February – half term break begins 3.45pm (Late Waiting available)

Monday 24th February – return from half term break

Wednesday 26th February – House Music Final

Thursday 27th February – Year 9 GCSE Options and Careers Evening

Friday 28th February – House Football