



Senior High Notes Friday 7th November 2025

Dear Parents

This week in assembly, I spoke to our Senior School students about the idea that being yourself is your superpower. We began by thinking about superheroes, those confident, capable characters who seem to have it all figured out. Yet behind every superhero is an ordinary person who only truly discovers their strength when they stop pretending to be someone else and embrace who they really are. We also explored how our body language can influence how we feel. I introduced the students to the “superhero stance”, feet apart, shoulders back, hands on hips, chin up, the classic pose of strength and confidence. Research led by social psychologist Amy Cuddy at Harvard University has shown that holding this posture for just two minutes can reduce stress hormones and increase feelings of confidence and positivity. It is a simple physical reminder that how we stand can affect how we feel. Watching the whole hall take on their superhero poses was a wonderful moment, a light-hearted but powerful way to show that confidence often starts from within. As I said to our students, you do not need to wear a cape to have a superpower. Your real power lies in who you are, your kindness, curiosity, and courage to be authentically you.

Last night, we saw this same confidence and sense of individuality in action during our Sixth Form Open Evening. It was wonderful to welcome so many of our Year 11 families, and a number of new families too, to hear about the incredible opportunities and support available in our Sixth Form. This is such an important evening in our school year, not only because it looks ahead to the next chapter of academic life, but because it reminds us of what really matters here at Derby High: knowing each student as an individual, valuing their unique talents, and helping them flourish as themselves.

Best wishes,

Amy Chapman

Head

Iceland Trip

Over half term 28 students accompanied by Mr Gallagher, Mrs Ley and Mrs Roe went on a trip to Iceland. We saw many incredible sights, from Strokkur geyser to Eldfell volcano to Seljalandfoss waterfall. We enjoyed the Icelandic cuisine from traditional skyr to fermented shark to their fondness for putting liquorice in anything and everything! The absolute highlights were braving the -7°C temperatures to see the northern lights on two of the nights (defying a pessimistic aurora activity forecast), seeing rescued beluga whales on the island of Heimaey and then seeing snowfall across the landscape on our last day as we toured the famous 'Golden Circle'. We look forward to our next visit!



Sixth Form Open Evening

Last night, we were delighted to welcome our Year 11 students and parents, along with new families eager to learn more about our Sixth Form, to our Sixth Form Open Evening. Thank you to everyone who attended, it was wonderful to see so many of you there.

A special thank you goes to our current Sixth Form students who presented, represented their subjects, and guided tours throughout the evening. Your enthusiasm and support helped make the event a great success!



U16 Girls Football

On Wednesday 5th November the Under 16 girls had their first Derby Community Trust football matches. The girls played five matches, performing superbly in all. The first match saw Derby High dominate possession and chances, with the most notable being a superb header from Ruby that hit the crossbar. Unfortunately, it was a strike from the opposition with the last kick of the game that meant the girls lost 1-0. The toughest opposition of the night were up next, the Derby High girls battled hard but were unable to keep them out, the match finished 3-0. In the third game of the evening the girls found their rhythm. Solid defence from Amelie, Alice and Aoibh allowed Arlie, Emma, Liz and Ruby to attack with freedom, with Ruby and Emma each scoring twice for a 4-0 win. In the girls' penultimate match, they again controlled much of the game but were unlucky to concede late on for another 1-0 defeat. In the final game of the evening the team once again played with confidence, Gracie was superb, driving forward from the back to support the attacking players. Derby hit the woodwork twice and narrowly missed other chances, the game finished 0-0. We look forward to the next round of matches in three week's time.



Derby High at the National Schools Equestrian Association Championships

The team of Tabitha (Year 7), Sophie (Year 12) & Gracie (Year 10) competed in the Dressage narrowly missing out on the prizes finishing in 9th in an extremely competitive championship. Competing against schools from all over the UK (many of whom have equestrian departments and on-site facilities) the girls rode their ponies brilliantly and presented much improved tests, since their qualification in March.

Tabitha and Sophie also competed in the individual dressage championships, improving on their scores again despite very wet conditions.

Earlier in the week Tabitha had competed in the showjumping championships as an individual. In a huge class of 170 combinations Monty jumped really well for an unfortunate knocked pole keeping them out of the jump off.

It was a great weekend with lots learnt and the team will hope to build on their performances and qualify again in 2026.

If there are any other horse riders who would like to join us at the qualifiers, please do get in touch, headsecretary@derbyhigh.derby.sch.uk.



Goodbye Mrs Sharp

After nine wonderful years at Derby High School, Mrs. Sharp, who has been a friendly and welcoming face in our Student Reception, is moving on to her next exciting chapter, in Cyprus.

We would like to thank Mrs. Sharp for her dedication, kindness, and the countless ways she has supported our students and staff over the years. You will be greatly missed by everyone at Derby High School.

We wish you all the very best in your new adventure!



Peter Pan Photo Gallery

We are delighted to share with you the photographs from our Key Stage 3 Production - Peter Pan. Performed in our Senior Hall on Thursday 16th October, it was lovely to see so many of our Year 7 students sharing the stage with older students.

A link to watch the recording of the production has been sent to parents via HighPost.

To view the photographs on the school's website gallery, please [click here](#). The password to view the gallery is BigBen.

Thank you to every student who performed and to all those who worked tirelessly behind the scenes. You were all fantastic!





U15 Basketball Match Report – vs Landau Forte

The U15 basketball team faced Landau Forte in what proved to be a thrilling and hard-fought encounter from start to finish. Both teams were evenly matched throughout, with neither side able to build a significant lead as the scoreline remained close across all four quarters.

Our players showed great determination and teamwork, moving the ball well and keeping up the pressure on both ends of the court. Going into the final quarter, the scores were level, setting up an exciting finish. Despite missing several scoring opportunities in the closing minutes, the team held their nerve and managed to secure a narrow 40–37 victory.

Special mention goes to George and Barnaby, who were instrumental in our attacking play and scored the majority of the team's points. Ibrahim also deserves praise for his outstanding defensive work, including several key interceptions and some excellent rebounding that helped to turn the tide in our favour.

It was an excellent team performance marked by effort, composure, and teamwork. A well-earned win against a strong opponent.

Zach's Hockey Achievement

During the half-term break, Zach (Year 9) took part in a two-day High Performance Hockey Camp with Hockey Mentors. The first day focused on outdoor hockey, while the second day provided the opportunity to develop skills indoors. Hockey Mentors is an organisation dedicated to supporting talented junior hockey players by offering coaching, training camps, and competitive experiences. Their mission is to create equal access to performance hockey, nurturing both athletic and personal growth for players from all backgrounds, particularly those from state schools or ethnic minority communities.



Congratulations Jasper

Well done to Jasper (Year 7) for successfully achieving his 2nd Kyu – brown/white belt in Wado Ryu Karate over the half-term break! This is a fantastic accomplishment that reflects Jasper's hard work, dedication, and perseverance in his martial arts training. Congratulations, Jasper!



Polite Notice about Mobile Phones in School

Before School

- Phones must be switched off before entering the building. They must not be visible except for transition from pocket/bag to locker.
- On arrival, students must go straight to lockers, deposit phones and collect their books for the day. KS3 then go to the studio.

During the School Day

- Year 7 to Year 11 Phones must remain in lockers, switched off.

- Year 12 to Year 13 Phones may be used in the Sixth Form Centre but must never be visible outside of the SFCR and S rooms.
- Any phone seen or heard will be confiscated and may only be collected at the end of the day; reflective conversation automatically required.
- Any second incident will result in parents being asked to collect the phone from school

Sibling Photos

If you had a sibling photo taken before half term, the proof cards are now available to collect from Student Reception. Please come and collect your proof card at your earliest convenience.

Orders placed by midnight, Tuesday 11th November, will be delivered to school within ten working days of this deadline. Orders can be placed after the deadline, but a £5 postage fee will be automatically charged, and the photographs will be posted to your home address.

Librarian Success

Congratulations to Manleen (Year 9), Huriayya (Year 9) and Damla (Year 9) for earning their Student Librarian Badges. They have been incredibly diligent in their library work since September to get tasks ticked off their bingo sheet and earn their badge. Well done! Many more Student Librarian success stories to come.

The Derby Santa Run

The annual Derby Santa Run in aid of Derby & Burton Hospitals Charity is on Sunday 30th November at Markeaton Park. For more information please [click here](#).



Safeguarding Corner

Safeguarding Podcast with Dr Alex George on This Morning

This week we are featuring a two-minute video from This Morning. We wanted to share a short clip from when Dr Alex George was a guest on the show. Watch the two-minute video for his top simple tips and tiny changes that can train your children to be happier and how best to implement them into everyday life.

To watch the video on TikTok please [click here](#).



Should I Use Screentime as a Reward?

It's such a difficult one for parents; we're living in a time where screen use starts at a very early age. But should we use screen time to support positive behaviours or even take away screens as a punishment? The answer is that there is no single answer, it very much depends on individual circumstances, but it was a question posed to some experts on Internet Matters which will hopefully give you some food for thought.

You can see the article from the Internet Matters website [HERE](#).

Free Live Webinar – Parenting in a Pornified Culture

Join Culture Reframed's Founder, Dr. Gail Dines, and Director of Programming, Dr. Mandy Sanchez, for a live webinar on November 19, from 12:00 to 1:30 p.m. ET, to learn more about the harmful effects of growing up in a pornified culture and how your role — as a parent, caregiver, or trusted adult — can make a difference.

To find out more and to book onto to the webinar please click the link below.

[Reframing the Conversation Webinar Series - Culture Reframed](#)

A Parent's Guide – Navigating Online Sexualized Content

Culture Reframed are offering a free email series for parents on the topic of navigating online sexualised content – to find out more information and to sign up please click the link below.

[Sign Up: Free Parent's Guide to Navigating Online Sexualized Content](#)

Dates For Your Diary

Tuesday 11th November – Sixth Form Scholarship Deadline for Year 11

Tuesday 11th November – Remembrance Day

Wednesday 12th November – Year 10 Learning Review Meetings (Online)

Thursday 13th November – Year 10 Learning Review Meetings (Online)

Monday 17th November – Year 12 Internal Scholarship Examinations

Wednesday 19th November – Year 12 Learning Review (Online)

Thursday 20th November – A Level Textiles Exhibition Harrogate