



Senior High Notes 26th September 2025

Dear Parents

It was fantastic to welcome so many parents to school on Thursday evening for our Pastoral Parents' Evening. This opportunity to meet with form tutors is such an important one, giving parents and staff the chance to talk together about how each child has settled into the new school year. The focus on wellbeing, friendships, routines, and the rhythm of life in Senior School provides a valuable foundation for the year ahead.

At Derby High, we place great value on truly knowing each individual, their strengths, their character, and the way they learn best. Evenings like this are a wonderful way to build that shared understanding between home and school. It was heartening to see so many constructive and encouraging conversations taking place. My sincere thanks to parents for their time and engagement, and to our dedicated form tutors for the care and insight they bring to supporting each pupil.

Best wishes,

Amy Chapman

Head

Year 7 Visit Rosliston Forestry Centre

On Tuesday 23rd September, Year 7 enjoyed an exciting trip to Rosliston Forestry Centre and the sun was shining, which was wonderful. The day gave students the chance to get to know each other better outside the classroom, continue their transition into secondary school, and spend valuable time with their form tutors.

Each form group took part in three activities throughout the day: Outdoor Laser Tag, Team Building challenges, and a special Birds of Prey workshop. During the workshop, the students were introduced to some magnificent birds, including Lady Grace, Coco, Sammy, Tommy, and the pygmy owl Bailey, and even had the opportunity to handle the three different species of owl and a kestrel.

It was fantastic to see new friendships blossoming as the groups worked together, building their communication and teamwork skills. Many students also embraced responsible risk-taking and stepped outside their comfort zones, as well as developing their communication and decision making!

A brilliant day was had by all!



Year 10 Basketball; Derby High School vs Twycross House School

Derby High School's Year 10 basketball team extended their unbeaten run with a 54–33 victory over Twycross House School, continuing the winning streak that began last season. From the opening tip, Derby set the pace with quick passing, sharp movement, and relentless defence, leaving their opponents struggling to keep up.

George led the scoring with a superb all-round performance, combining accurate shooting with strong drives to the basket. His composure under pressure and ability to create chances were key to Derby establishing an early lead that never looked in danger.

Equally impressive were forwards Dylan and Ibrahim, whose development since last year was clear for all to see. Both showed strength and determination in defence, battling for rebounds and closing down Twycross attacks, while also contributing valuable points at the other end. Their energy and improved decision-making helped Derby dominate the key areas of the court.

The second half saw Derby tighten their grip on the game. Slick fast breaks and disciplined team defence restricted Twycross to difficult shots, while every player contributed with intelligent passing, clever movement, and tireless effort. The depth of the squad meant the intensity never dropped, reflecting the team's togetherness and work ethic.

This convincing win not only maintains Derby High's perfect record, but also provides a confidence boost ahead of the Derby City Basketball League, which begins after the October half-term break. With their balance of skill, teamwork, and determination, the Year 10s look well prepared for the challenges to come.

A 54–33 scoreline highlighted not just the talent of individual players but also the strength of a group determined to build on last season's success and remain the team to beat.



House Netball

After two exciting weeks of House Netball, we are pleased to announce the results of this year's competition! The games were spread across two weeks, with Year 7 to 9 teams battling it out in week one, and the Year 10 to 13 teams in week two. After all the action and points were tallied up, the final results came down to a close race.

Year Group Results:

- Year 7: St David
- Year 8/9: St Andrew
- Year 10/11: St Andrew
- Year 12/13: Joint 1st - St Andrew, St David, St Patrick

Overall Netball House Winners:

1st - St Andrew
2nd - St David
3rd - St Patrick
4th - St George

The competition was incredibly tight throughout both weeks, with the overall standings ultimately determined by the points accumulated across all year groups. With such close results, the final positions had to be decided by goal difference and then total goals scored!

A massive congratulations to **St Andrew**, our overall House Netball champions! St David, St Patrick, and St George also put up an incredible fight and showed outstanding sportsmanship.



U15 Girls' Hockey v Twycross School

The U15 girls played an exciting 7-a-side fixture against Twycross School which proved to be a real thriller from start to finish. Both teams showed determination, skill, and plenty of attacking flair in a game that kept everyone on the edge of their seats.

The match began at a fast pace, with our girls creating some excellent attacking opportunities through quick passing and strong running off the ball. Twycross responded with equal intensity, and the game quickly turned into an end-to-end battle. Goals came regularly for both sides, with our team showing great resilience to keep coming back whenever Twycross edged ahead.

By the final whistle, the score was level at **5-5**, a fair reflection of a well-balanced contest. With the game finely poised, it was decided to settle the match with penalty shuffles. The girls held their nerve brilliantly, showing composure and creativity under pressure. After another dramatic exchange of goals, the shootout finished **7-7**, highlighting just how evenly matched the two sides were on the day.

This was an excellent performance from the team, who demonstrated great teamwork, fighting spirit, and attacking quality throughout. It was a fantastic learning experience, and the girls should be proud of their effort and energy.



Senior Cross Country

The first week of the 3-league series saw strong performances from our athletes across all age groups. A total of 14 runners competed, with standout results from several individuals.

- Tabitha (Year 7 Girls) finished 7th in a competitive field, showing great determination in her race.
- Mason (Year 11 Boys) secured an impressive 2nd place, putting in a strong performance to claim a spot on the podium.
- Tom (Year 11 Boys) finished 4th, demonstrating excellent pacing and endurance throughout the race.
- Ned (Year 11 Boys) placed 8th, rounding out a solid performance by our Year 11 boys' team.

Overall, it was a positive start to the series with promising results across the board. We look forward to the next round of competition.

Safeguarding Corner

Two Minute Podcast: Sleep

In today's two minute podcast Mrs. Bellman discusses the importance of sleep and shares some top tips on improving sleep health. To listen to this week's podcast please [click here](#).



Guide to What is Good Sleep?

Mental Health.Org have created a guide to “what is good sleep”? This is a useful document is designed for parents and caregivers and gives top tips for good sleep health.

Click here to view the guide: [Sleep Guide for parents and caregivers](#)

Derbyshire Parent Carer Voice – Teenagers and Sleep Workshop

Derbyshire Parent Carer Voice are running a workshop on teenagers and sleep. See further information below. To book a place please email info@derbyshireparentcarervoice.org.

More information can be found on their Facebook page – [click here](#).



The poster is titled 'Upcoming events' on the left side. The main content is a green box with white text. At the top, it says 'Teenagers and Sleep Workshop' with the Derbyshire Parent Carer Voice logo. Below that, it lists the date as 'Tuesday, 7th October 2025', time as '10:00am - 12noon', location as 'Online via Zoom', and facilitator as 'Nickie Sutton'. There are two small icons of people with speech bubbles. Below the main text, it says 'What's it about?' and describes the workshop content. At the bottom, it provides the booking email: 'info@derbyshireparentcarervoice.org'. The poster is decorated with various icons related to sleep and communication.

Upcoming events

Teenagers and Sleep Workshop

Date: Tuesday, 7th October 2025
Time: 10:00am - 12noon
Location: Online via Zoom
Facilitator: Nickie Sutton

What's it about?
Teenagers experience big changes in sleep patterns, especially those with additional needs. This session explores:

- Teenage sleep cycles
- How additional needs affect sleep
- Practical strategies to support better sleep
- Q&A and shared experiences

To book you please please e-mail
info@derbyshireparentcarervoice.org

Dates For Your Diary

Monday 29th September – Year 9 trip to Whitemoor Lakes Departs

Wednesday 1st October – Year 9 trip to Whitemoor Lakes returns

Thursday 2nd October – Senior Music Recital

Friday 3rd October – Year 7, 12 and 13 DT trip to Yorkshire Sculpture Park

Friday 3rd October – House Bench Ball Year 10 to Year 13

Sunday 5th October – Senior School Production Technical Rehearsal

Useful Links