

# This Week at Derby Cathedral School

wc 10<sup>th</sup> June 2024



In **James 1:5**, it says:

**“If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.”**

Making decisions and choices is sometimes difficult. This verse from James reminds us at DCS that God doesn't make decisions for us. Instead, He gives us the gift of free will so that we can make our own choices - with His help if we ask Him.

Dear Parents/Carers,

This has been a big week in school with our year 11 students having their final full cohort exam. Some students have now finished all of their exams but we still have one more week with the final few exams ahead. A huge well done to all of our students who have demonstrated so many FAITH values during this time. It certainly takes a great deal of tenacity to keep going over more than five weeks!

We certainly don't sit and relax after these busy exam weeks and we have a number of big events ahead. All of our students and parents have been informed about this time in school where we are focusing on our expectations. Please see the article below for a quick reminder and refer to the emails that have already been sent out. One of our expectations is around mobile phones and a reminder that our rule has always been that they are not seen or used in school at all. The city council have some free webinars for parents around the use of smartphones with children and young people. This is a topic that is often in the news and aims to give you impartial information to help you make decisions for your child/children. The booking links are in the article below.

Our year 12 students are now starting to think about their next steps after year 13. It may feel like early days but all of the university open days start in the next few weeks! We're organising a trip to a big careers fair at Nottingham University for all of our students in the next few weeks. This will really help them to think about what they want to do next; university, an apprenticeship or seek employment. It's critical to spend time on getting information about all possible routes to work out what suits them best. The Bible verse above highlights the need for us to apply wisdom to our choices and decisions.

Another big choice that is on the horizon for the UK is our general election on 4 July. Whilst our students are not yet at voting age, it's so important that they are able to see how this process works and how they may want to make a decision for the election when they can vote. Mr Keene and the debating and politics groups have started running an in-school campaign which will end with a mock election on 4 July. We always remain politically impartial in schools and aim to give our students a balanced view of the main parties so they are able to make a decision that is aligned to their values and feel they can have a say in the running of the country. It's a big decision for all of us and one that takes the wisdom that 'God will give generously, if we ask'

I wish you all a great week

Yours faithfully,

Mrs Brown

## Free webinars for parents about smartphones

We've had the following message from the City Council about some webinars for parents about the use of smartphones with children. Please follow the links below to sign up:

Children's use of Smartphones is a current hot-topic politically and in the news.

You might have heard of the parental movement for a "Smartphone-free childhood", but is this the right thing to do?

Following requests from parents and schools, Jamie Dean (DCC Senior Community Safety Officer) and Traci Good (Online Safety Specialist and Chief i-Venger) are hosting **free webinars for parents**, to **impartially explore the pros and cons** of this concept. We aim to give parents the confidence to **make an informed decision** about what is best for their children, and will **signpost to further support and resources**.

Please share details of these webinars and the sign-up links below with your parents.

- [Wednesday 19th June - 13:30 to 14:30](#)
- [Thursday 20th June - 18:00 to 19:00](#)

## Geography Fieldwork



Y10 carried out fieldwork investigations this week as part of their GCSE Geography course.

River fieldwork was undertaken at Cotton Dell on Monday, and Changing characteristics of housing in Derby was investigated on Thursday.

#nationalfestivaloffieldwork #Staffswildlife



### We urgently need wellies!

If you have any old wellies that anyone in your household has outgrown or no longer needs then we would really appreciate some donations. We especially need larger adult sizes so our Y10 boys can get in the river!

## Derby Schools Anti-Vaping Week

This next two weeks in Derby Secondary schools, we're highlighting the national concerns around vaping.

You will soon receive a letter signed by all secondary school Headteachers and Derby City Public Health. There has been a lot of information in the media over the past year about the health concerns for teenagers who start to vape. Vapes now often contain very high levels of nicotine, various dangerous metals and chemicals and some even contain illegal drugs. These are not always obvious when the vapes are bought or sold. It is also illegal for under 18s.

Please do take this time to read the information we send you and to talk to your child about their thoughts and experiences in order to protect their health.

### VAPING AND E-CIGARETTES THE FACTS



#### NICOTINE VAPES CAN HELP ADULT SMOKERS TO STOP SMOKING.

##### SMOKING CAUSES DISEASE AND EARLY DEATH.

Vaping is much less harmful than smoking as you don't inhale the **toxic tar** and **carbon monoxide** you get from tobacco smoke.



#### BUT VAPES ARE NOT HARMLESS.

Short-term effects can include **coughing**, **headaches**, **dizziness**, and **sore throats**. Long-term effects are as yet unknown.



#### MOST CHILDREN AND YOUNG PEOPLE DON'T VAPE OR SMOKE. DON'T SMOKE? DON'T START TO VAPE.



Developed by Smokefree Sheffield in collaboration with Action on Smoking and Health (ASH)

[talktofrank.com](http://talktofrank.com)  
[livewellderby.co.uk/stop-smoking](http://livewellderby.co.uk/stop-smoking)

## Reset

Further to our email last week, just a reminder that we are having a focus in the remaining weeks of the year on our expectations. None of these are new rules but we're spending time with students reminding them about how we all work together to ensure they are in the best place to learn.

We are always really appreciative of your help and support. In the coming weeks we would be very grateful if you can ensure your child/children have the following every day:

The full correct uniform

A school bag

A full pencil case

Their reading book

Their timetable

Students have all been reminded that mobile phones must be switched off and in their bags when in the school building. Any that are seen or used will be confiscated. The first time, the phone will be returned at the end of the school day. If this happens again then you will be contacted to collect the phone. This is not a change to our rules but we are having a focus on this aspect to ensure our students have the time and correct focus on their learning and in-person social skills during the school day. If any student refuses to hand over their phone when asked, they will not be allowed it in school at all for a longer period of time.

Checking Classcharts is a great way to start conversations with your child about their day. As always staff give out many more positives than negatives and the school average is 94% positive. This represents hundreds of thousands of positive points!

Your child should have brought home a leaflet, and you should have received this by email, that shows all of the areas of our focus. Again, please note that these are not new initiatives but are key reminders of our normal expectations.



## ABOUT US

We are a Sport and Education Company  
Co-Founded by **current Premier League  
Footballer for Sheffield United, Ben Osborn**  
and **Ex Nottingham Forest Player,**  
Jack Andrews.

## SUMMER SPORT HOLIDAY CAMPS

5th - 8th Aug | 12th - 15th Aug | 27th - 30th Aug  
Derby Cathedral School,  
Great Northern Road, Derby, DE1 1LR.

**Does your child love sports? Come along to our summer camps for  
action-packed days of games, sports, and non-stop fun!**

**10-3pm | Ages 11-14 yrs | Lunch provided for all**  
£25pp | **Free** for children receiving benefit related free school meals

## HOW TO BOOK?

For more information and to book, visit our **website**  
and complete the form at the bottom of the page.

Scan the QR Code or visit:  
[www.efdsportandeducation.co.uk](http://www.efdsportandeducation.co.uk).



SCAN ME

Follow  
-US-



@EFDSPortandEducation

## Healthy Eating Week and Competition

# Healthy Eating Week 10<sup>th</sup> 14<sup>th</sup> June 2024

The 12<sup>th</sup> annual Health Eating Week will take place between the 10<sup>th</sup> and 14<sup>th</sup> June 2024.

This year's themes are:

- Get at least 5 A Day
- Stay hydrated
- Move more
- Focus on fibre
- Reduce food waste

To coincide with both Healthy Eating Week and the Euros starting we are running a competition to find the best 5 ingredient recipe that a footballer might want to eat prior to a football match. The winner will receive a £10 love2shop voucher. There will also be a smaller prize for 2<sup>nd</sup> and 3<sup>rd</sup> place. We can't wait to see your recipes!



Healthy Eating Week 2024  
**Give it a Go!**  
What's happening this week?

**Get at least 5 A DAY**  
Fresh, frozen, dried and canned all count

**Stay hydrated**  
Have about 6-8 drinks a day

**Move more**  
Be more active every day

**Focus on fibre**  
Have wholegrains, fruit, veg and pulses

**Reduce food waste**  
Shop, cook and eat wisely

Let us know what you'll be doing for Healthy Eating Week 2024 @NutritionOrgUK #HEW24



**COMPETITION TIME**

EURO2024

Healthy Eating Week | Nutrition

**WHAT WOULD A FOOTBALLER EAT BEFORE A GAME?**

FANCY WINNING A £10 LOVE2SHOP VOUCHER? TO CELEBRATE HEALTHY EATING WEEK 2024 & THE EUROS WE ARE RUNNING A COMPETITION TO FIND THE MOST CREATIVE MEAL SUITABLE FOR A FOOTBALLER TO EAT BEFORE A MATCH. BUT THERE'S A CATCH... YOU CAN ONLY USE 5 INGREDIENTS. SEND YOUR RECIPES AND A PHOTO OF YOUR MEAL TO [MEDICALOFFICER@DERBYCATHEDRALSCHOOL.ORG.UK](mailto:MEDICALOFFICER@DERBYCATHEDRALSCHOOL.ORG.UK) WINNER WILL BE NOTIFIED ON 1ST JULY 2024

**COMPETITION CLOSES**  
**THURSDAY 27TH JUNE 2024**

## Littleover The Great Big Green Week

# LITTLEOVER'S

# THE GREAT BIG GREEN WEEK

# 8 - 16 JUNE 24

### SATURDAY 8 JUNE

- 8am - 9am - **Yoga in the Park** - Family Friendly Standing Yoga at Clemson's Park by Liam Firth Yoga
- 10am - 12pm - **Tree Identification Walk** at Clemson's Park by Friends of Littleover Parks
- 10.30am - 12pm - **Sunnydale Park Litter Pick** by GoodGym Derby - Booking Required
- 1pm - 3pm - **Knit 'n' Natter** at Hannah Fields - Booking Required
- 1.30pm - 4pm - **Intro to Bowling** at Rosehill Bowls Club

### SUNDAY 9 JUNE

- 2pm - 4pm **Introduction to Geocaching** - a great way of exploring our parks in a different way. Starting at St Andrew's Hub
- 4pm - 5pm - **Outdoor Church** - connect with God whilst surrounded by nature in Clemson's Park, led by The Source

### MONDAY 10 JUNE

- 6pm - 8pm - **Intro to Bowling** at Rosehill Bowls Club

### TUESDAY 11 JUNE

- 6.30pm - 8pm - **Group Run** - for all abilities starting at King George V Car Park by GoodGym Derby

### WEDNESDAY 12 JUNE

- 10am - 1pm - **Knit & Natter** - Learn to knit at Kathleen Rose Tea Rooms
- 2.15pm - 4pm - **Knit & Natter** - Learn to knit or crochet at St Peter's Hub
- 4pm - 5pm - **Artist Reception** - a display of the poster competition entries and awards hosted by St Peter's Church



### THURSDAY 13 JUNE

- 10am - 11.30am **Wellbeing & Wildlife Group** at Hannah Fields - Booking Required
- 6.45pm - 9pm **Introduction to Orienteering / MapRun** - starting at King George V Car Park by Derwent Valley Orienteers

### FRIDAY 14 JUNE

- **Walking Tennis** - Littleover Valley Tennis Club

### SATURDAY 15 JUNE

- 7am - **Dawn Chorus Walk** - Clemson's Park by Derbyshire Ornithological Society
- 10am - 12pm - **Clothes Swishing Event** at St Peter's Church
- 1pm - 4pm - **Seeds and Habitats Event** at Hannah Fields
- 1pm - 3pm - **Knit 'n' Natter** at Hannah Fields - Booking Required
- **Moth Trapping event** by Derbyshire Moths

### SUNDAY 16 JUNE

- 10am - 11am - **Litter Pick** at King George V Park by Carlisle Against Crime
- 10am - 4pm - **Dad's Intro to Bowling** - Derby Co-Op Bowls Club - all welcome



For latest information or to find out more:

[www.linktr.ee/LittleoverGoesGreen](http://www.linktr.ee/LittleoverGoesGreen)

Littleover Goes Green is a voluntary organisation with no political affiliation

Details subject to change. Final dates, times and further details can be found at [www.bit.ly/LittleoverGBGW](http://www.bit.ly/LittleoverGBGW) or @LittleoverGoesGreen social media pages

### HUNT THE PLANT

Explore the wonderful planters around Littleover to search for pictures and names of plants.  
Pick up an entry form from Co-op between Saturday June 8th until Saturday 15th June. Organised by Littleover in Bloom

### CREATE A WINDOW DISPLAY

Decorate your window for the Great Big Green Week. Judging and photos will take place during Monday 10 June. Register your window or display at [www.linktr.ee/LittleoverGoesGreen](http://www.linktr.ee/LittleoverGoesGreen)

### POSTER COMPETITION

Design a poster with the title "Looking after our World"  
Age Categories: Under 7's / 7-11's / Over 11's  
Closing Date - Sunday 9 June.

## Student Fundraising

One of our Year 11 students Alfie Sarson has been volunteering with Age UK for around 3 years, initially for Duke of Edinburgh, and has realised that the charity does very important work and has enjoyed his time there.

In July, Alfie will be skydiving to raise money and awareness for the charity and its important work.

Please see the link below and donate if you can!

<https://www.gofundme.com/f/skydive-for-ageuk>

# NHS Cadets Opportunity

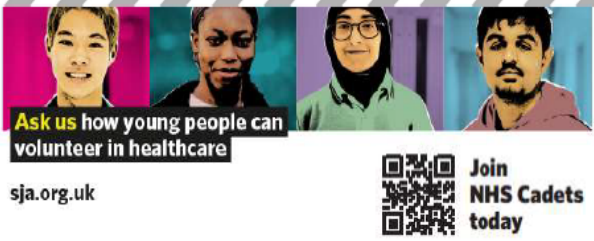
St. John's Ambulance and the NHS have partnered up to offer an exciting free programme called the NHS Cadets.

NHS Cadets' mission is to attract young people to careers in healthcare and develop their skills to the point where they are self-sufficient in health volunteer opportunities.

The programme will assist young people in not only acquiring new skills and knowledge but also gaining hands-on experience in the NHS through a 36-week programme (2 hours per week, not including work experience).

There is currently an Advanced Programme starting soon in Derby aimed at 16-18 year olds.

Pathways into healthcare | [sja.org.uk/nhscadets](https://sja.org.uk/nhscadets)



**Ask us how young people can volunteer in healthcare**

[sja.org.uk](https://sja.org.uk)

**Join NHS Cadets today**

### Who can get involved?

Our Cadets come from a diverse range of backgrounds - there is no 'typical' NHS Cadet. If you identify with one or more of these statements, our programme would be a good match for you.

- I'm from a minority ethnic group
- I consider myself part of the LGBTQI+ community, or I'm questioning
- I'm not in education, employment or training, or I'm at risk of this
- I'm struggling with my progress at school or college
- I live in care, or I've recently left care
- I provide regular care or support for someone
- I receive free school meals
- I have mental health concerns
- I consider myself to have a disability or impairment
- I consider myself neurodivergent, or I have special educational needs
- I am seeking asylum, or I'm a refugee

If you're unsure whether you fit into one of these categories or wish to discuss something else, please don't hesitate to email one of our friendly team at [nhscadets@sja.org.uk](mailto:nhscadets@sja.org.uk)

### How do I get involved?

New programmes are opening all the time and even if we don't currently have one in your area you will be added to the waiting list ready for when we have one close enough to you. Or we may be able to put you on a virtual group so that you can take part from the comfort of home.

To learn more, find your local programme and apply, please visit <https://nhscadets.sja.org.uk/join-today/>.

Issue Number 4 April 2023

### Reach your potential with NHS Cadets and learn the skills you need to support vital healthcare teams across the country.

[NHS Cadets](#) is a Programme created by St John Ambulance in partnership with the NHS. It's designed to provide you with the opportunity to explore roles in healthcare and prepare for volunteering.

The programme consists of two pathways: Foundation (for 14–16-year-olds) and Advanced (for 16–18-year-olds). You'll learn about a range of exciting healthcare topics, develop your leadership and communication skills, and gain insight into volunteering within the NHS.

It is a free programme consisting of 2-hour weekly sessions over 36 weeks. You'll be supported throughout your journey by our NHS Cadets Team.



## Staying Mentally Healthy During Exam Time

As we continue through the main exam time for year 11 and many other year groups are soon to take their end of term assessments, it's worth revising how we can support young people at what can be a very stressful time.

Young Minds have a series of support pages aimed to help with exam stress and anxiety. Their advice is available to help parents and carers and, of course, young people themselves. You can find this helpful advice at the links below:

[Parents](#)

[Young people](#)

These links have also been added to our school website under Information – Exams and Performance.

## Equipment Reminder

In order to ensure that each student can start the day ready to learn well it is really important that they have the correct equipment with them.

It's a great support for your child/children to check that they have the following with them every day:

- A school bag
- Their reading book
- Their planner
- A pencil case complete with the following equipment:
  - Pencil
  - Black pens
  - Purple pen
  - Whiteboard pen
  - Ruler
  - Rubber
  - Protractor
- Calculator – this must be a scientific calculator that is available to buy on ParentPay/ClassCharts Reward Shop
- A paper copy of their timetable

## Scooter Safety

We have recently been informed of at least five students who have had injuries due to riding an electric scooter. Some of these injuries have been very serious and required ongoing medical attention and significant amount of time off school.

Please be aware that the use of private e-scooters is still illegal. The government information is as follows and can be found here: <https://www.gov.uk/guidance/e-scooter-trials-guidance-for-users>

The [rules for private e-scooters](#) have not changed. It is against the law to use a privately owned e-scooter. If you use an e-scooter illegally:

- you could face a fine
- you could get penalty points on your licence
- the e-scooter could be impounded

This information shows that whilst the government are trialling e-scooters for hire in various cities, these require a driving licence and are not for children.

e-scooters are not allowed to be brought to school as they are illegal. We are also concerned about the number of our students who have received significant injuries from using these.

Please do ensure that your children are not using these for transport at any time.

## National Saturday Club

NSC (National Saturday Club) is a free group that runs every Saturday for students ages 13 – 16.

<https://saturday-club.org/subject/society-change/>

Their theme this year is 'Society & Change.' The group is a powerful and positive experience for students and offers some wonderful activities, including a trip to London and workshops with notable artists.

“From climate change and conflict to new technologies and taking action, at the Society & Change Saturday Club you will explore the forces that are shaping the world today and discover how young people have a voice to influence the future. Club members will find out about different cultures and life in other countries, including what it is like to be a young person in other parts of the world, and will also be introduced to a range of jobs and careers from foreign policy and diplomacy to journalistic reporting and international charity work.”

Have a look at the poster and Derby group schedule below, and use the link above to sign up if you are interested!



### National Saturday Club Derby Schedule - Society & Change

**Week #1 (02/03/24): Introduction at the University of Derby (UoD) Kedlestone Road Derby, DE22 1GB**

**Week #2 & #3 (09/03/24 & 16/03/24): Derby Theatre**

**Week #4 (23/03/24): Derwent Family Hub**

**Week #5 (20/04/24): Becket Family Hub**

**Week #6 to Week #9 (27/04/24 to 18/05/24): University of Derby (UoD) Kedlestone Road Derby, DE22 1GB  
Including week 7 (04/05/24) Masterclass with breakdancing Derby legend Kid Karam!**

**Week #10 (25/05/24): ArtCore**

**Week #11 & Week #12 (08/06/24 & 15/06/24): Baby People**

**Week #13 to Week #15 (22/06/24 to 06/07/24): University of Derby (UoD) Kedlestone Road Derby, DE22 1GB**

**Week #15 (03/07/24): Pop-up exhibition at the UoD, Kedlestone Road, DE22 1GB**

**Week #16 (Saturday 13th and Sunday 14th July): SummerHouse Exhibition with trip to London**

**T: 07769 301 863**

**E: [derbysatclub@derby.ac.uk](mailto:derbysatclub@derby.ac.uk)**

## Term Dates Consultation

### School Term Dates 2025-2027 Consultation:

Derby City Council are consulting on the Term Dates for 2025-2027. If any of our parent/carers would like to respond to the public consultation before it closes at midnight on 22/06/24 please visit [Let's Talk Derby](#)

## Dates Ahead

### Term Dates

Tuesday 23 July: Break up for Summer holiday (early finish for all students, exact time tbc)

**INSET Days** – School closed to all students

Friday 28th June

### Parents Evenings

Tuesday 25 June: Year 8 Parents' evening (school ends at 2.15pm for all students)

### Other Key Dates

Wednesday 8 May: GCSE written exams start

Term and key dates can also be found on our calendar and terms dates sections on the school website.