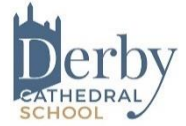


This Week at Derby Cathedral School

w/c 10th February 2025



Psalm 139 says this:

“Lord, Where can I go from your Spirit? ... If I go up to the heavens, you are there; if I make my bed in the depths, you are there. If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me.”

For us at DCS this is a clear reminder that wherever we choose to travel, God will be with us to guide us ... helping us to make good choices in life.

Dear Parents/Carers,

The beautiful words of Psalm 139 above speak of God's constant presence in our lives, reminding us that no matter where life's journey takes us, we are never alone. This message feels particularly relevant as we reach the end of another busy half term at DCS, where our students continue to learn, grow, and make important choices about their futures.

I'd like to express our thanks to the parents and carers of our Year 10 students who attended last week's parents' evening. Your engagement with your children's education is invaluable, and these conversations help ensure our students receive the guidance and support they need to reach their full potential.

Our ongoing commitment to expanding our students' vocabulary continues with our Word of the Week initiative. This week's word is "necessitate" – we encourage parents to discuss this word with their children, exploring its meaning and various applications. This regular engagement with language enriches our students' communication skills and academic confidence.

As we approach the half-term break, I draw your attention to the variety of activities detailed in this newsletter. These opportunities can provide enriching experiences for our students during their time away from school. Please take a moment to review these activities with your children.

Just as Psalm 139 assures us of God's guiding presence wherever we may go, we at DCS remain committed to supporting our school community in all circumstances. We wish all our families a peaceful and restful half-term break and look forward to welcoming our students back on Monday, February 24th.

A reminder too that Year 8 Parents evening is on Thursday 27th February and will mean an early finish for all students at 2.15pm. Please can all parents/carers of Year 8 students ensure that you have booked onto SchoolCloud for your appointments. Do let us know if you have any problems in doing this.

May this time of rest remind us all that wherever we are, we are never alone in our journey.

Yours faithfully,

Mrs Brown

Word of the Week

Necessitate

Definition: call for, make necessary

Etymology (the origin of the word): comes from medieval Latin: necessitat meaning compelled, be needful

In Spanish: necesitar

Synonyms (words with a similar meaning): constrain, entail, require, ask

Antonyms (words with the opposite meaning): calculate, check, delay, disallow

Sentences:

The film had five times the budget of *Jockey*, and necessitated a much larger cast and crew

This might necessitate a move inside

Not just any Opticians – Marks and Spencer Opticians!

On Wednesday 26th February 2025, Marks and Spencer Opticians Derby, will be attending DCS with a pop-up shop in order to raise awareness of the importance of eyecare and ensuring students feel comfortable and confident to have an eye test.

They will be providing goodie bags containing valuable information and students will be invited for a free NHS eye test

“At M&S Opticians, kids’ eye care is a priority. We use specially designed charts for kids with shapes and pictures to make eye tests easier for them. We recommend all children get an eye test before they start school, and they’re free for all under 16s and under 19s in full time education. To ensure children have the best possible start in life with their eyes, we provide free NHS eye tests and, if required, free frames from our £50 kids range – or upgrade and only pay the difference. Contact lenses are not just for adults, children can also benefit from wearing them. As long as they are comfortable handling and looking after them, children can start using contact lenses at any age. They are a great alternative to glasses and provide some practical benefits: We also offer free contact lens assessments to see how they would get on with this confidently”

Bridge the Gap – Free Self Esteem Drop In



FREE SELF-ESTEEM DROP IN

TUESDAY 18TH FEBRUARY
10AM - 12PM


DERBY CARES
Wear a Rainbow

BOOK ONLINE NOW at jwbridgethegap.com

Tuesday 18th February 2025

🕒 Drop in anytime between 10am - 12pm

Boost Self-Esteem and Confidence This Half-Term! 🌈

Join us for a relaxed drop-in session designed to nurture self-esteem and confidence. Enjoy self-esteem colouring activities, mindful crafts, and hot drinks.

As usual, one of our practitioners will be available to provide on-the-day advice and information to support you.

Come alone or bring your child

This drop-in is free, but booking is required so we know how many people are attending.

Book Now!

Online Relationships & Dating Apps

Click here to view in more detail:

<https://nationalcollege.com/library?sortBy=newest&phase=3&types%5B0%5D=App%5CModels%5CResource&amount=24&selectedView=grid>

What Parents & Educators Need to Know about ONLINE RELATIONSHIPS & DATING APPS

Dating apps are used to help people find new relationships – whether casual or more long term – matching users based on age, interests, gender and more. Some may consider dating apps harmless to under-18s because they aren't able to use them, but effective age verification measures are quite scarce, and it's been known for young people to end up on apps of this type.

WHAT ARE THE RISKS?

EASE OF ACCESS

The relatively lax age verification process of many dating apps makes them incredibly accessible to children who really shouldn't be using them. This carries the obvious risk of exposing under-18s to a dating scene populated by adults – who may not even be aware of the young person's true age. This is concerning when we consider the 'hook-up culture' common on these apps – with many people using them to arrange casual sexual encounters.

CONTACT AND CONDUCT RISKS

Once someone is active on a dating app, their social media profiles can be linked to the app and might be accessed by others. This can lead to random users 'sliding into their DMs' (sending a direct message) without consent. Complete strangers could start bombarding a young person's inbox with pictures, messages and sexual comments.

SCAMS AND SEXUAL EXPLOITATION

Some young people may feel they've formed a real bond with someone through online dating, but there's always a risk that it's not genuine. Scammers on these apps often build romantic connections with their victims – then once they feel they have their victim's trust, they begin asking for money under false pretences (such as suggesting they meet in person and requesting a 'loan' to cover a train ticket).

UNVERIFIED ACCOUNTS

As with all online interactions, you may not be talking to whom you think you are. Without paying a subscription, users of dating apps can often only view a certain number of profiles at a time. A TikTok trend has advised young people to set their age limit to 80 years and over – putting them in a sparse and more 'exclusive' category to bypass the usual restrictions. Unfortunately, this can lead to matches with someone much older.

PEER PRESSURE

The pressure to be in a relationship can be huge, and many young people use online dating apps as a cost-effective way to meet others. Some users find it difficult to meet people organically due to their lifestyle, and may not have the time or money to go out and socialise. It's also common for young people to set up accounts for their single friends in the hope of finding a match for someone they know.

SKewed PERSPECTIVES

Dating apps can promote an unrealistic view of what makes someone attractive. With such vast options, some users can become both picky and extremely harsh about others' appearance. Ultimately, all you see on these apps are pictures (with no insight into someone's personality), and some young people struggle with the fear of being judged. Even when someone does start dating, there's a persistent paranoia that their partner is only one swipe away from a potentially better match.

Advice for Parents & Educators

TALK ABOUT DATING APPS

Let young people know that they can talk to you about anything, even something as private as their dating life. At school, the relationships, sex and health curriculum can assist with conversations around healthy relationships, consent and online safety. Emphasise the message that you want to help them make healthy, safe and informed choices. If they feel embarrassed talking to you, make sure they have a trusted adult who can help them.

ENCOURAGE DATA PROTECTION

Empower young people to protect their data and personal information. Explain why including things like their school, age and surname in their profile could potentially be dangerous. Make sure they know never to give out personal details, and that there's no reason for other users to ask for them. If they feel uneasy about a situation online, they need to speak to someone that they can trust.

VERIFICATION STAMPS

Explain that someone using a dating app should only communicate with those who have gone through a verification process. Online dating apps use a variety of methods to ascertain a user's identity, including scanning valid documents (such as a driver's licence or passport). Verification can also involve users taking a selfie to ensure that the photos on their profile match it.

REPORT AND BLOCK

Remind young people that they can always report or block (or both) anyone who makes them feel uncomfortable on any platform. Ask if they know how to do this and offer to help them figure it out if they're unsure. Every app should have advice on how to report or block another user, so be sure young people are familiar with the settings.

Meet Our Expert

Rebecca Jennings works at RAISE (www.raiseducation.org.uk) in the field of relationships, sex and health education, providing educational, age-appropriate workshops for pupils around the more sensitive areas of the curriculum – including online safety and healthy relationships.

#WakeUpWednesday

The National College

Source: See full reference list on guide page at <https://nationalcollege.com/guides/online-relationships-dating-apps>

@wake_up_weds /www.thenationalcollege @wake.up.wednesday @wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 12.02.2025



Bridge the Gap – Half Term Workshop



February Half-term at BTG

Ways to support emotional literacy this February half-term 

Adult & Child Coping With Big Emotions Workshop

Does your child find it hard to manage big emotions?  

Whether it's anger, sadness, overwhelm, anxiety, or even excitement, navigating these feelings can sometimes feel difficult.

This February half-term, we're running a brilliant workshop for adults and children together, all about how to manage those big emotions whilst exploring calming strategies.

In this workshop you'll create a glitter shaker to take home. Learn how different colours can represent various feelings and how your custom shaker can reflect your unique emotions.

This workshop is great way to strengthen the connection between you and your child over half-term, come away feeling confident in knowing how to manage big emotions safely.





COPING WITH BIG EMOTIONS

Tuesday 18th February 2025
1:30pm - 2:30pm
£15

Book online now
jwbridgethegap.com

Discover what emotions are and explore creative ways to express and talk about feelings with others. Create a glitter shaker and learn a variety of calming strategies.

Make your own glitter shaker!

For children aged 5-11
 Tuesday 18th February 2025
 1:30pm - 2:30pm
£15

Secure your spot on this workshop here:

Book Now!

Guiding Your Child Through GCSE Choices & Exams

Derby Adult Learning Service

Learning Opportunities for Adults

Guiding Your Child Through GCSE Choices

Do you want to help your child make informed GCSE choices? Understand how GCSE options influence further education and career paths and how to support your child in making balanced decisions.



What you can expect to learn:

- How GCSEs impact future education and career pathways.
- Strategies to guide your child in making balanced and informed subject decisions.
- Practical tools and resources to support the decision-making process.
- Techniques to communicate effectively with your child about their choices.

When: Monday 24th February 2025

Time: 11:00am-1:00pm

Where: Online

Apply today, via the options overleaf.



Supporting Your Child Through GCSE Exams

- Further information and to apply, click here - [Course details - Derby Adult Learning Service](#)

Guiding for Child Through GCSE Choices

- Further information and to apply, click here - [Course details - Derby Adult Learning Service](#)

Derby Adult Learning Service

Learning Opportunities for Adults

Supporting Your Child Through GCSE Exams

Do you want to help your child prepare effectively for the GCSE exams, and support them in staying organised and motivated?



What You Can Expect to Learn:

- How to create a productive and supportive study environment.
- Stress-management strategies.
- Tips for preparing your child for exam days, including routines and confidence-building.

When: Monday 17th February 2025

Time: 11.00-1.00pm

Where: Online

Apply today, via the options overleaf.



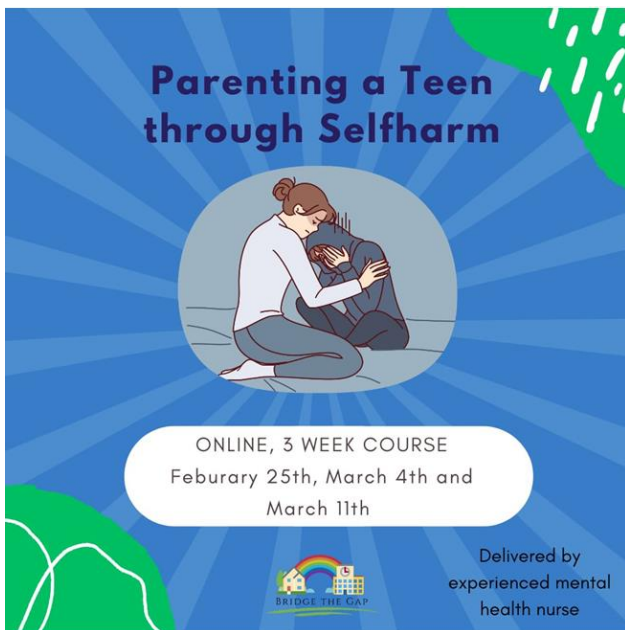
Bridge the Gap – Parenting a Teen through Self-harm



***NEW* Parenting a Teen through Self-harm**

Be the first to know about our new three-week online course with our Specialist Mental Health Nurse Therapist, Nikki Webster.

Dates:
25th February, 4th March & 11th March
8pm
£10 for all three sessions



Nikki has a vast amount of experience and expertise around the topic of self harm, having worked intensely with teens and adults both within the public and private sector for a number of years.

She will be regularly delivering this online program for parents/carers of teens who are engaging in self-harming behaviours.

The course will provide a space to reflect on parenting styles, learn about CBT informed skills and discover techniques to help guide your teen through this difficult time.

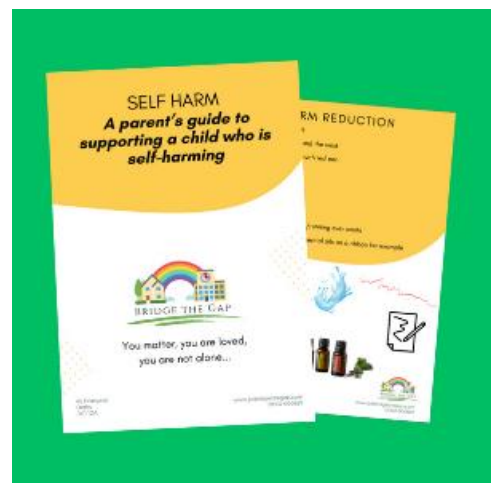
The course also will aim to provide a supportive network for parents/carers at what is a challenging and often very lonely time.

Please note this course is for parents/carers only and not for children.

Each session will be 30 minutes long and held on Microsoft Teams (you will receive a link when you book).

Click the link below for more information and to download a copy of 'A Parent's guide to supporting a child who is self-harming'

<https://jwbridgethegap.com/so/71PGxxaWw?languageTag=en&cid=b21d2a86-4eb0-4bee-9f9e-c9974077b960>



Cycle Derby Activities – February Holidays

With only 4 weeks till half term, have a look at ways to keep your children active with Cycle Derby by getting them on their bikes for some fun and games!

Whether they're New to Two wheels and looking to gain more confidence with similar standard riders or wanting a challenge and joining us for a group ride to Elvaston Castle please see the attached posters.

Or if they are over 9 years old and fancy a go on the Indoor velodrome then have a look at our Track Day.

To book on, please email Tracey at cyclederby@derby.gov.uk with your child's name, age and phone number along with which club you'd like to attend.



cyclederby
FEBRUARY HALF TERM ACTIVITIES 2025

New to two wheels
Derby Arena **4-8 Years**

Mini cycling club for those new to two wheels! You will need:

- Your own bike, helmet and drink
- To be able to ride unaided

£10

10am - 11am
Skills, games and confidence building.

SESSION DATE
Tuesday
18th February
2025

All activities must be booked in advance
To book sessions please email cyclederby@derby.gov.uk or call 07972 268171

www.cyclederby.co.uk

Derby City Council



cyclederby
FEBRUARY HALF TERM ACTIVITIES 2025

Trackdays
Day Session at Derby Arena **9-16 Years**

£35

You need:

- To be a competent cyclist
- Appropriate clothing
- A packed lunch & drink

Friday
21st February
10am - 3pm

All activities must be booked in advance
To book call 07827 879647 or email cyclederby@derby.gov.uk

www.cyclederby.co.uk

Derby City Council



cyclederby
FEBRUARY HALF TERM ACTIVITIES 2025

Holiday Club **£25**
at Derby Arena

You need: **6-12 Years**

- Your own bike & helmet
- To be able to ride unaided
- Backpack with snacks & drink

Tuesday 18th February
10.30am - 1pm

All activities must be booked in advance
To book call 07827 879647 or email cyclederby@derby.gov.uk

www.cyclederby.co.uk

Derby City Council



APEX FOOTBALL CLUB

EVERY SATURDAY

3-4PM

Venue Noel Baker School
Derby DE24 0BR

Boys & Girls 8 Years +

TERM TIME ONLY

£2.50
per Session

EXCITING
NEW
CLUB

📞 07423796177

🌐 WWW.FUSIONSCAPE.ORG

✉️ ADMIN@FUSIONSCAPE.ORG



GOLDEN PHOENIX BASKETBALL TRIALS



TEAM TIME ONLY

BASKETBALL TRAINING

EXCITING
NEW
CLUB

BOYS & GIRLS 08 YEARS+

FEE:- £3.50 PER SESSION



13:00-15:00 EVERY SATURDAY

Noel Baker School
Derby DE24 0BR



07423796177



WWW.FUSIONSCAPE.ORG



ADMIN@FUSIONSCAPE.ORG



Reach Community Grocers



REACH
COMMUNITY
GROCERS

• **NEWLY OPENED!** •

OPEN 10:00AM - 4:00PM MONDAY - FRIDAY

You are invited to visit our newly opened community grocers.

Reach Community Grocers,
Riverside Court, Derby,
DE24 8HY

www.reachcommunitygrocers.org
hello@reachcommunitygrocers.org
01332 332044 (option 4)



REACH
COMMUNITY
GROCERS

Are you struggling with the cost of living crisis and finding it difficult to put food on your table? If so, the community grocers is for you.

You can become a member for £5 per year. This will allow you to make up to three visits per week. For a contribution of only £6 each time, you can choose a range of good wholesome food valued up to £25.

Our friendly volunteers will be here to help you with your shop and any further information.



Reach
Community
Grocers,
Riverside Court,
Derby,
DE24 8HY.

Bring this flyer along for an extra free shelf item when you join as a member.

© 2024 Reach Trust (Formerly East Midlands Christian Fellowship)
Registered Charity No. 1090526

Reach Trust is a company limited by guarantee registered in England and Wales No. 3071667.

The Reach Centre, Riverside Court Pride Park | Derby | DE24 8HY

Lost Property

During last term we had an excessive amount of lost property handed in, which is subsequently put out on display three times per week in the school canteen and can be collected after school or before Period 1 on each occasion. To enable us to return lost property back to students, please ensure all items are labelled with student names.

Moving forwards, any lost property items that are put out for two consecutive weeks and not collected will either be disposed of or sent for recycling as we do not have the space to continuously store these items long term.

Medical Illness within School

During the winter months, we see an increased number of students presenting at Medical with coughs/colds and stomach bugs; however, please be aware that we are unable to treat minor illnesses such as nausea, stomach cramps and headaches, usually related to winter viruses. Students are encouraged to be resilient and self-manage where appropriate. We encourage students to stay hydrated and eat a warm meal at break or lunch.

We cannot provide any medication in school unless prior arrangements have been made between parent/carer and the Medical Officer, Miss Smith. If you wish for your child to keep medication at school, please collect a medication consent form from reception and hand the medication in to Miss Smith in its original packaging.

Contact/Meeting Requests

Our phone lines are extremely busy for the majority of the school day. If you have a query for a member of teaching staff or Head of Year, the easiest and quickest way to obtain a response is to email info@derbycathedralschool.org.uk. Please include in your email who you wish to speak to/meet with, along with a brief message. Your email will then be forwarded on to the relevant member of staff who will aim to respond to your request within 48 hours.

Teaching staff, Head of Years and Pastoral Year Leads will not be available to meet with parents/carers at any time during the school day without a prior appointment being arranged. Any requests of this kind will be declined by the Reception Team.

If you have an urgent safeguarding issue to report, please contact our Safeguarding Team on safeguarding@derbycathedralschool.org.uk. If a child is at immediate risk of harm, please call reception and your concern will be raised with the safeguarding team.

Breakfast Club – FREE breakfast for all Students

FULLY FUELLED

BREAKFAST CLUB

We have all the ingredients for a **successful start** to the day!

Free! Every morning from **8.20—8.35** in the Dining Hall

Our Breakfast Club is open Monday to Friday from 8:20 – 8:35 am

During the above times, all students are entitled to purchase breakfast items totally free of charge from the Dining Hall. Items available are:

- Toast
- A variety of cereals (subject to availability)
- Porridge

To request Gluten free toast or to discuss any other special dietary requirements, students should liaise directly with the catering staff who will aim to source the necessary items however, advance notice should be given.

PLEASE NOTE THAT NO DRINKS OR OTHER FOOD ITEMS ARE AVAILABLE FOR PURCHASE DURING BREAKFAST CLUB

ParentPay Credit/Top ups

Thank you for your support with our parent pay system. The vast majority of families are ensuring there are sufficient funds on their child's accounts to purchase food in school. We are very grateful for this.

Unfortunately, there are an increasing number of requests from students to call home to have ParentPay accounts topped up so meals can be purchased. This is adding significant pressure to reception staff who have limited capacity to deal with the multiple requests.

We would ask that all families ensure students have sufficient funds on their ParentPay account to pay for these items. This will allow your child sufficient time to purchase food and consume it without having to queue at Student Services and wait for a phone call home beforehand; therefore reducing their break/lunch time considerably.

Please also note that students can purchase a 'main meal deal' at **lunch time only**, for the great price of £2.50, which is by far the best value for money on our menu. A meal deal includes a Hot or Cold Main Course, Dessert and Cuplet drink, whereas a sausage roll alone is currently £1.45.

For those who qualify for Free School Meals, the allowance does enable students to purchase items at break time if they wish, however this will leave them unable to take advantage of the meal deal option at lunch time. If you wish for your child to purchase additional snacks at break time, please add extra credit each day/week to their ParentPay account to cover the cost of these items. Alternatively, students are welcome to bring in snacks from home to consume at break time.

Full details of our Catering Menus and Price Lists can be found on the Derby Cathedral School Website or by scanning the QR code



Community Pharmacy First Services



Providing NHS services

Most pharmacies can help you with **seven common conditions** without needing a GP appointment



- **Sinusitis**
(adults and children aged 12 years and over)
- **Sore throat**
(adults and children aged 5 years and over)
- **Earache**
(children and young adults aged 1 year to 17 years)
- **Infected insect bite**
(adults and children aged 1 year and over)
- **Impetigo**
(adults and children aged 1 year and over)
- **Shingles**
(adults aged 18 years and over)
- **Urinary tract infection**
(women, aged 16 to 64 years)



Ask your pharmacy for more information about this free* NHS service



Visit your Pharmacy First!

*NHS prescription charge rules apply where a medicine is supplied



Dates Ahead

School Holidays 2024-25

17th February 2025 – 21st February 2025 – February Half Term

7th April 2025 – 21st April 2025 – Easter Break (inc Good Friday and Spring Bank Holiday)

5th May 2025 – Bank Holiday

26th May 2025 – 30th May 2025 – May Half Term (inc Bank Holiday)

24th July – Last day of term

INSET Days 2024-2025 – School closed to all students

Monday 30th June 2025

Parents Evenings / Opening Evenings 2024-25

Thursday 27th February 2025 – Y8 Parents Evening – 3:00 – 6:00 pm – early finish for all students at 2:15 pm

Tuesday 18th March 2025 – Y7 Parents Evening – 3:00 – 6:00 pm – early finish for all students at 2:15 pm

Thursday 12th June 2025 – Y9 Parents Evening – 3:00 – 6:00 pm – early finish for all students at 2:15 pm

Please Note:

For any students sitting exams on the above dates, they will be required to stay in school until the exam has ended.

****NEW** - School Term Dates and INSET days 2025-26**

Please click on the link below to view the Term Date calendar and INSET days for 2025-26:

[DCS Term Dates 2025-26 with INSET.pdf](#)

INSET Days 2025-26 – School closed to all students

Thursday 4 Sept 2025

Friday 5 Sept 2025

Friday 5 Dec 2025

Monday 2 Feb 2026

Friday 26 June 2026

Other Key Dates

Term and key dates can also be found on our calendar on the school website:

<https://derbycathedralschool.org.uk/>