

## This Week at Derby Cathedral School

w/c 13<sup>th</sup> January 2025



In Matthew 7 Jesus tells this story:

**“Everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock.”**

For us at DCS this is a reminder to build our lives on good advice and wise decisions so that we can cope when life gets tough.

Dear Parents/Carers,

As we move through January, I've been reflecting on the power of strong foundations in our student's lives. Our Bible verse above resonates particularly strongly this week as our Year 9 students approach their Options Evening. Just as the wise builder carefully chose solid ground, our students must make thoughtful decisions about their future studies. We warmly invite all Year 9 parents to join us on Wednesday 22nd January, from 5-7pm, for this crucial evening. You'll find detailed information in this newsletter about local organisations offering guidance and support for both academic choices and mental wellbeing during this important transition period. Your partnership, as parents, with us is invaluable in helping your children make wise, considered choices that will form the foundation of their future academic journey.

In exciting enrichment news this week, our History and Politics department have been busy with two key events. They led an inspiring university visit, giving students a taste of studying History at Derby University. My particular congratulations go to our outstanding Debating Society, whose recent performance was fantastic and has filled us with optimism for future competitions - do read the full article about their achievements in this newsletter. As always, I'm incredibly grateful to our staff who continue to build these opportunities for our students. Their dedication to creating these enriching experiences, whether through academic visits, clubs, or competitions, helps our students develop resilience and confidence that will serve them well in future challenges.

Looking ahead, please note two important dates: On Tuesday 28th January, school will finish early at 2:10pm to accommodate Year 11 Parents' Evening, and the school will be closed to all students on Friday 31st January for an INSET day.

In this newsletter, you'll find several articles about supporting your child's mental health and wellbeing. These resources from local organisations are particularly valuable as our students navigate their academic journeys. Just as the house in our Bible verse stood firm through storms, we want to ensure our students have the support they need to thrive through life's challenges.

Yours faithfully,

Mrs Brown

## Derby Schools Debating Competition

Well done to our debating team for their incredible performance last week against pre-tournament favourites Littleover. The debate was held at the University of Derby's law school. The result was a hard fought draw with both teams impressing the panel of judges. We won the first debate defending the proposition that 'smoking should be banned' and were narrowly defeated in the 'tourism benefits the world' debate.

Next up Derby UTC on 29th January!



## Winning Flag arrives in Antarctica

In the autumn term Y7 studied Antarctica in geography. Part of this involved designing a flag as part of the UK Polar Network's annual competition.

Winners were selected just after half term and the flags were sent to Antarctica on the Research Ship Sir David Attenborough.

Winners were also celebrated in achievement assemblies at the end of last term and have received a book on polar explorers and a certificate.



Here is the official picture and certificate of our winning flag in Antarctica. This year's flags travelled to Antarctica on RSS Sir David Attenborough and were shown on the screens for all the crew to see on the trip down.



*Thank you to the Geography Team for supporting this competition and well done to our winning students!*

# 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 24<sup>th</sup> 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](#)

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- Stress-management strategies.
- Tips for preparing your child for exam days, including routines and confidence-building.

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## Bridge the Gap – Anxiety Workshop



### Mental Health Starts Here. Support Bridge the Gap!

Starting from just £7.50, you can access webinars on topics like anger, behaviour, growing confidence, boundaries and anxiety.

Your donation supports Bridge the Gap, a vital community resource. Share, sign up, and help us keep helping families!

**Webinar**  
ADULT & CHILD  
**ANXIETY WORKSHOP**

**Pitched at children aged 7-12**

Join us for an empowering two-week online Anxiety Support Workshop, where we'll explore anxiety management techniques for children.

**Saturday 18th & 25th January 2025**  
10am - 10:45am  
RECORDING AVAILABLE AFTERWARDS  
**£9.50 FOR BOTH**  
Book via eventbrite

#### Adult & Child Two-Week Anxiety Webinar

**Saturday 18th & 25th January**  
**10-10:45am**  
**£9.50 for both**  
**ONLINE**

Together, Let's Understand Anxiety

This adult and child online workshop is the perfect opportunity to:

- Explore what anxiety feels like.
- Discover practical tools to calm the mind and body.
- Work together as a family to nurture resilience.

2 Weeks | Access Recordings for 30 Days

Just £9.50 for both webinars

Give your child the gift of understanding and empower yourself to support them better.

[Book Anxiety Webinar](#)

## Bridge the Gap – Setting Boundaries for Children



### Setting Boundaries for Children A Webinar for Parents/Carers

The graphic is a light blue rectangle. At the top left, it says 'Webinar' with a starburst icon, followed by 'PARENTS/CARERS' in a smaller font. The main title 'SETTING BOUNDARIES FOR CHILDREN' is in large, bold, dark blue letters. To the right of the title is a circular portrait of a smiling woman with blonde hair. Below the title is a red and white striped road sign on two posts. At the bottom left is the 'BRIDGE THE GAP' logo. On the right side, it lists the date 'Tuesday 21st January 2025', time '8:00PM - 9:00PM', and 'RECORDING AVAILABLE AFTERWARDS'. The price '£7.50' is in bold, and at the bottom right, it says 'Book via [jwbridgethegap.com](http://jwbridgethegap.com)'.

**Tuesday 21<sup>st</sup> January 2025**  
**8pm-9pm**  
**£7.50**  
**Online**

🕒 Access Recordings for 30 Days

💡 For just £7.50, this webinar provides  
real tools for real lifes!

[Book Setting Boundaries Webinar](#)

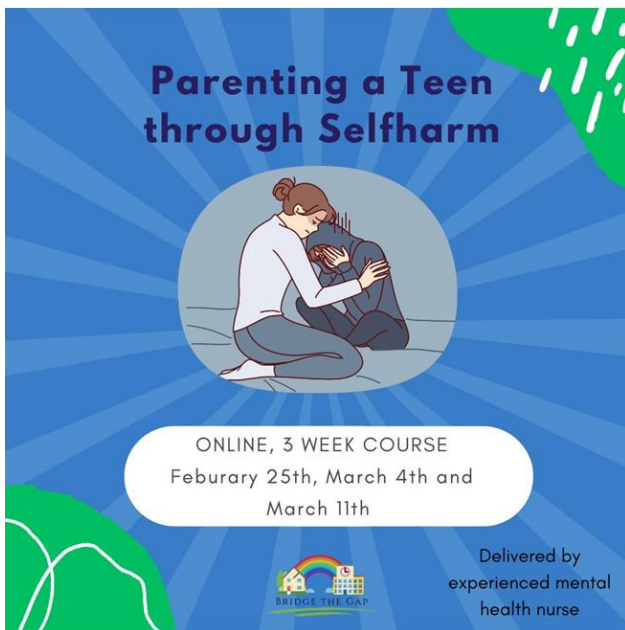
## Bridge the Gap – Parenting a Teen through Self-harm



### **\*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.

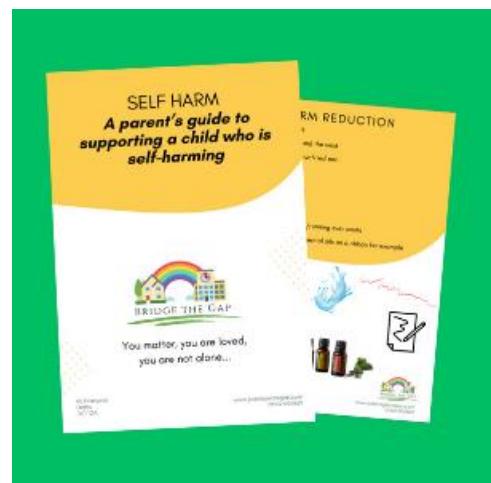
The course also will aim to provide a supportive network for parents/carers at what is a challenging and often very lonely time.

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>



## Bridge the Gap – One-to-One Support



### One-to-One Support at Bridge the Gap

Are you interested in private one-to-one (1:1) support at Bridge the Gap for yourself or your child?

We currently have spaces for children available in the daytime.

Click the link below for further information:

<https://jwbridgethegap.com/so/2aPFKKpZy?languageTag=en&cid=b21d2a86-4eb0-4bee-9f9e-c9974077b960>

## National Saturday Club

The National Saturday Club is an established UK-wide network, that gives 13—16-year-olds of all abilities the unique opportunity to study subjects they love for FREE, on a Saturday at their local university, college or cultural institution. The Club provides a welcoming space for young people to build their skills, develop their confidence, and discover pathways to further study and future creative careers.

For more information, please click on the link below:

<https://schoolsportal.derby.gov.uk/schools-circular/otherarticles/national-saturday-club/>



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# Reach Community Grocers




## REACH COMMUNITY GROCCERS

• **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](http://www.reachcommunitygrocers.org)  
[hello@reachcommunitygrocers.org](mailto:hello@reachcommunitygrocers.org)  
01332 332044 (option 4)




## REACH COMMUNITY GROCCERS

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. 1080034  
Reach Trust is a company limited by guarantee registered in England and Wales No. 387667.  
The Reach Centre, Riverside Court Pride Park | Derby | DE24 8HY

## E-scooters

# E-scooters

## Did you know?

- ▶ It is illegal to use an e-scooter in public areas.
- ▶ An e-scooter can only legally be used on private land with the owner's permission.
- ▶ Parents may also be liable for prosecution as well.

As of Friday 1 November, officers who engage anyone using an e-scooter in a public place will seize the e-scooter, before sending it to be disposed after 14 days.

Previously, those caught offending were warned for a first offence of riding an e-scooter on a public road, pavement or cycle path. Going forwards there is no longer any requirement in Derbyshire to warn the rider.



## Holiday Activities & Food (HAF) Scheme

Places are still available for FREE holiday clubs during the winter holidays. Visit [www.derby.gov.uk/derbyHAF](http://www.derby.gov.uk/derbyHAF) for more information. If you have not got your Holiday Activities & Food (HAF) code to book your place, speak to school reception. Codes can only be issued by school during term time. If you do not have a code, you will not be able to book a place.

## 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](mailto: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](mailto: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.

## 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



## Sixth Form Applications

Applications can be made directly on our website: <https://derbycathedralschool.org.uk/sixth-form/sixth-form-admissions>

If you click the 'Application' link it takes you to the page below.

Our current students are already in the system and just need to enter their school email and password in the 'Existing Users' box to start their application.

**Derby Cathedral School**

### NEW APPLICATIONS

Applications are now open for September 2025 entry.  
The closing date for all applications is Friday 31st January 2025.

Please contact Miss Bounds  
by email: [sixthform@derbycathedralschool.org.uk](mailto:sixthform@derbycathedralschool.org.uk) or by  
telephone: 01332 325710 ext 543 for further enquiries.

[New Application](#)

**Existing Users**

Username or Email address

Password

Remember Me

[Login](#)

[Forgot your password?](#)  
[Trouble logging in?](#)

If you weren't able to make it, or you want to investigate a few more courses, don't forget to look at our prospectus and subject videos on our website. They can all be found on the Sixth Form Admissions page (see link above).

The deadline for applications is **Friday 31<sup>st</sup> January.**

## Community Pharmacy First Services

**NHS**

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

17<sup>th</sup> February 2025 – 21<sup>st</sup> February 2025 – February Half Term

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

5<sup>th</sup> May 2025 – Bank Holiday

26<sup>th</sup> May 2025 – 30<sup>th</sup> May 2025 – May Half Term (inc Bank Holiday)

24<sup>th</sup> July – Last day of term

### INSET Days 2024-2025 – School closed to all students

Friday 31<sup>st</sup> January 2025

Monday 30<sup>th</sup> June 2025

### INSET Days 2025-2026 – 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

### Parents Evenings / Opening Evenings

Wednesday 22<sup>nd</sup> January 2025 – Y9 Options Evening – 5.00 pm – 7.00 pm

Tuesday 28<sup>th</sup> January 2025 – Y11 Parents Evening 3:00 – 6:00 pm – early finish for all students at 2:15pm

Thursday 13<sup>th</sup> February 2025 – Y10 Parents Evening – 3:00 – 6:00 pm – early finish for all students at 2:15 pm

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

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

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

### Other Key Dates

Wednesday 29<sup>th</sup> January 2025 – Year 9 Teenage Booster Vaccinations

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