

# This Week at Derby Cathedral School

wc 15 April 2024



Isaiah 40:31:

**“But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.”**

Dear Parents/Carers,

Welcome back to the summer term! It's been lovely to see all of our students return back after the Easter break. This is the final term of the school year and a really important one for our year 11 students. Over the Easter break school was open every day for revision and intervention booster sessions. It was brilliant to see high levels of engagement with this and 120 year 11 pupils came in over this time. 98 students in year 11 also came in for more than one session. This really shows that so many of them understand the critical importance of working hard during this period of time and using the support they get from their teachers and other support staff in school. We wish them all good luck over these next few weeks. Those taking GCSE PE had their exam moderation on Friday and all students taking Spanish will have their speaking exams next week. Our thoughts and prayers will be with them.

This week we started a new theme for our collective worship gatherings. We are looking at 10 people from history who used their Christian faith to make a difference in the world. We saw how, even though they are not perfect, they used their gifts and talents for positive actions that really made a difference. This week we focused on Charles Dickens. His difficult childhood combined with his faith, led him to write books that highlighted the issues that existed for the more vulnerable people in society, particularly children, the poor and the oppressed.

All of our students will have studied one of his books at some point; year 7 have just started to study Oliver Twist in English and so will have a head start in understanding the reasons why Dickens wrote this book. We reflected on how our beliefs and values translate into our words, actions and habits and why it is important to think about what shapes our beliefs and character. All students at DCS are able to use our FAITH values as a helpful structure to reflect on their own character and the type of person they want to be.

Years 7 – 10 also had a presentation from the police about railway safety. We're very grateful to be able to work with external services, such as the police, in order to help our students look after themselves and stay safe.

A final notice for year 11 parents; the year 11 group photo will take place on 30 April in the morning. All year 11 students must attend in full uniform (blazer and tie are compulsory to be in the photo). These pictures will then be made available to purchase. They also need to ensure that they now always have with them their full set of equipment needed for examinations (clear pencil case with full equipment including calculator, protractor and ruler). This makes a big difference to their ability to get as many marks as possible in their exams.

As I mentioned earlier, our thoughts and prayers are with all of our year 11 students as they start this examination period. We pray, that as the Bible verse states, their strength is renewed and they can keep going. Many thanks for your ongoing support with them.

Yours faithfully

Mrs Brown

## Prayer Room

This image of the school values was recently painted on the wall in our prayer room 1-43a by Year 12 students.

The room was used as a prayer space by students and some staff during Ramadan and is used by Kick staff members for mentoring sessions during part of the week as well as available for students and staff to pray in during the week.

On a Monday afternoon at 3:15 until 4:00pm the room is used for the Hub group which meets to talk about the Christian faith. This group is open to all students as we talk about faith, play games and share snacks together.



## Railway Safety Assembly

On Tuesday this week we were very thankful to have Network Rail and British Transport Police come into school to deliver a very important assembly to students on Railway Safety.

The assembly was part of a campaign called You vs Train, which aims to educate young people on the risks of trespassing on the railways.

Did you know?

- On average in the UK, 1 person dies every day on the railways. Many of these are young people who may not be aware of the risks or choose to take risks due to factors such as peer pressure.
- The overhead cables that power trains carry 25,000 volts of electricity. This is 100x stronger than household electricity and is always on and can 'jump' so you can be electrocuted even without touching it. This can be deadly and survivors will have life-changing burns and injuries.
- Modern trains can reach speeds up to 125 mph almost silently.
- 27% of teenagers have admitted behaving in a way that could endanger their life on the railway.
- 1 in 10 teenagers admitted to walking along the railway line.
- 15% of teenagers think it is safe to walk on the railway track if there is no train coming.
- 17% think it is safe to pick up a dropped item (phone or football) as long as you leave again straight away.

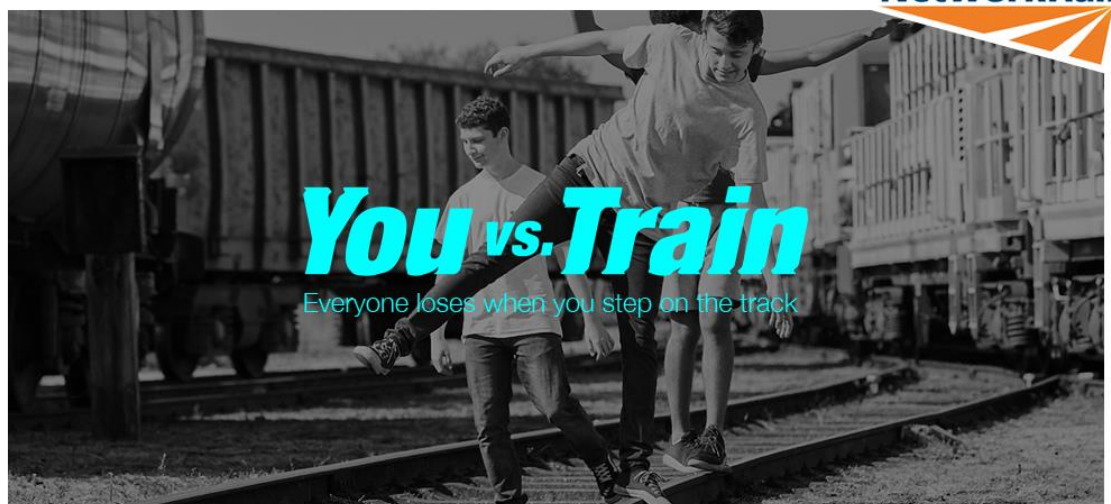
The links below show the website of the campaign and some of the stories shared with students today, including the real-life story of 16-year-old Tom Hubbard, who chose to venture onto the railway tracks and climb on top of a stationary train in June 2014. He had no idea that this decision would change his life forever.

<https://www.youvstrain.co.uk/>

<https://www.youvstrain.co.uk/film/film-6/>



**NetworkRail**



## Staying Mentally Healthy During Exam Time

As we head towards the main exam time, 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.

## Charity Head Shave

We are pleased to hear that a number of local media sites have shown an interest in Mrs Young's Head Shave for Charity. Her story has been picked up by Charity Today, Derbyshire Live and Derby Telegraph! Please see links below!

<https://www.charitytoday.co.uk/derby-teacher-braves-the-shave-for-two-much-loved-charities/>

<https://www.derbytelegraph.co.uk/news/derby-news/before-after-derby-teacher-loses-9202203>

facebook.com/derbyshirelive

MONDAY APRIL 1, 2024 DERBY TELEGRAPH 11

Joanna Young before her haircut...

...Joanna sporting her shorter locks

News

A DERBY teacher has braved the shave and sacrificed her long locks, raising hundreds of pounds.

Creative technologies teacher Joanna Young, of Derby Cathedral School, had her head shaved in front of a room full of teenagers to raise money for Cancer Research UK. The hair was then collected and donated to Little Lady Locks; a charity that creates wigs for young children living with cancer.

The 44-year-old, who has been at the city secondary school for four years, hopes that her charitable deed will inspire pupils to talk more openly about identity, and neurodiversity, as she is dyslexic and struggled at university.

She said: "I wanted to make our charity month something that was big and it was especially important that the students found it memorable. I also wanted our year group's charity month to be meaningful to them and I didn't mind if that meant that I looked silly. "I've had short hair before but never this short. Having my head

shaved was a way of doing something that continues to be visible and really got the kids involved. If I let them throw sponges at me or something like that then it is quite temporary and would not have had the same impact. "This way, they are reminded of how important it is to raise money for charities and to do something that is selfless."

Joanna added that the school - part of the Derby Diocesan Academy Trust - used to do a lot to raise money for various charities before the Covid pandemic, such as going to the railway station with collection buckets, but that all had to stop due to the Covid restrictions.

It is hoped that, after the most recent fundraising effort, the school can support more charities.

Pupils were told that if they raised £1,500 for Year 10's chosen charity - Cancer Research UK - then the teacher would shave her head.

She said: "This has been such a positive experience for the students, and it created a culture of them doing something for other people. They absolutely loved the charity fair we did and then the head shave. Their reactions were brilliant and

went from complete horror to joy.

"It's been empowering for them, I've never sweated so much as I did when I had my hair shaved - I don't like having my hair cut as I find it an uncomfortable process."

Not only has it inspired pupils to do something for others, it has also got them talking about topics like neurodiversity and mental health. Although Joanna said to her, hair is not a big part of her identity, the piercings in her ears are and she had them redone after so that they were on show again.

The teacher had the piercings while at university, to represent each year she completed, to help cope with the challenges she faced due to being dyslexic.

She said: "It's interesting, I was fine with having my head shaved - maybe a little self-conscious - but it was my piercings I was most focused on. I had to have them redone.

"It's opened up many conversations about mental health and that sense of identity around the school which is so important."



## Word of the Week

Our 'word of the week' this week is: **Evaluate**

Please do speak to your child/children about this word. Challenge them to use it in a sentence or explain its meaning to you. The information below will hopefully help!

**Evaluate** means: To judge how good something is and have an opinion on it.

**Etymology:** The study of the origin (beginning) of words:

Mid 19<sup>th</sup> century (earlier (mid 18<sup>th</sup> century) as *evaluation*): from French *évaluer*, from *es-* (from Latin *ex-*) 'out, from' + Old French *value* 'value'.

**'Evaluate' in Spanish** – Evaluar

Other similar words are:

Prove  
Decide  
Check  
Assign

Examples of how to use Devote in a sentence are:

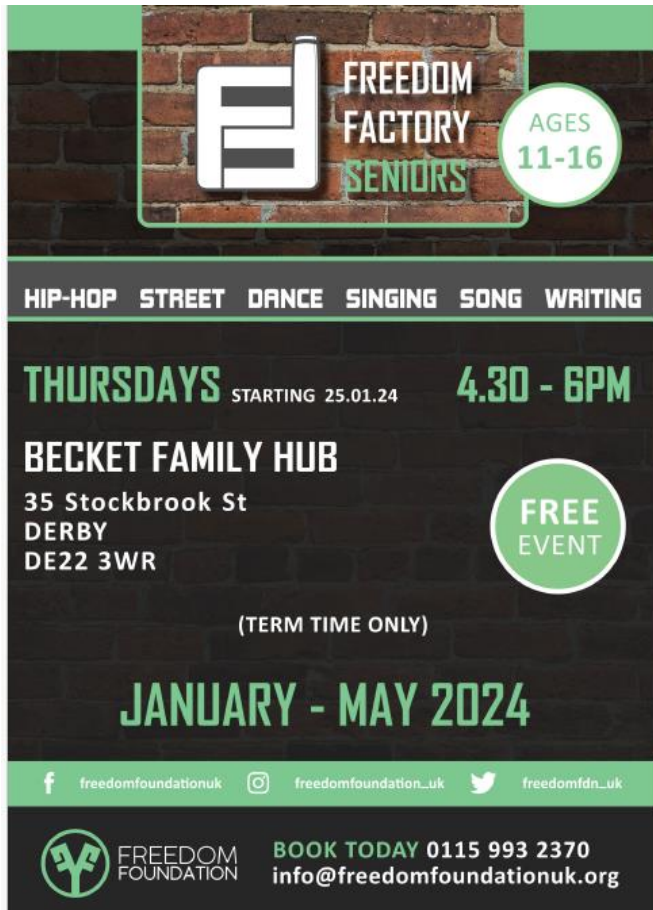
- We need to evaluate the risks and make a decision.
- What methods were used to evaluate the data?
- Try to evaluate the ideas of others in an objective and quiet manner.



## Performing Arts Workshops

Freedom Foundation is a local workshop run by the Becket Family Hub that works to improve the mental well-being and resilience of young people using Performing Arts.

They run a series of free workshops every Thursday at the Becket Family Hub and have invited Derby Cathedral School students to attend. These workshops are beneficial for any student who is interested in the performing arts, looking for more experience in the arts industry, struggling with mental wellbeing, looking for new opportunities, interested in music/song writing and wanting to have fun! They are limited to only 20 places from Derby Cathedral School so do get in touch with them if it is something your child may be interested in!



**FREEDOM FACTORY SENIORS** AGES 11-16

HIP-HOP STREET DANCE SINGING SONG WRITING

**THURSDAYS** STARTING 25.01.24 **4.30 - 6PM**

**BECKET FAMILY HUB**  
35 Stockbrook St  
DERBY  
DE22 3WR

**FREE EVENT**

(TERM TIME ONLY)

**JANUARY - MAY 2024**

f freedomfoundationuk @freedomfoundation\_uk freedomfdn\_uk

**FREEDOM FOUNDATION** **BOOK TODAY 0115 993 2370**  
info@freedomfoundationuk.org



**FREEDOM FACTORY SENIORS**



**FREE EVENT**

**BOOK HERE**

Derby City Council FREEDOM FOUNDATION Family111 Derby Community Action

f freedomfoundationuk @freedomfoundation\_uk freedomfdn\_uk

**FREEDOM FOUNDATION** **BOOK TODAY 0115 993 2370**  
info@freedomfoundationuk.org

## 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) Kedleston 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) Kedleston 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) Kedleston Road Derby, DE22 1GB**

**Week #15 (03/07/24): Pop-up exhibition at the UoD, Kedleston 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)**

## Dates Ahead

### **Term Dates**

Friday 24 May: Break up for Summer half term

Monday 3 June: Return to school

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 30 April: Year 7 Parents' evening (school ends at 2.15pm for all students)

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.