

This Week at Derby Cathedral School

wc 15 January 2024



In Psalm 119, the writer says:

“Your word is a lamp for my feet, a light on my path.”

In this verse they are explaining how when the Bible is read it can provide both clear understanding and guidance for us.

Dear Parents/Carers,

After two weeks back after Christmas it certainly feels like the serious work of education is well underway. Year 12 are completing their first set of formal assessments, year 11 are on their final term countdown for exams and year 9 have started their options process.

Our Bible verse of the week reminds us that we all need support and guidance throughout life. This is true for our normal everyday times but we will often need more during difficult or important times in life. All of the year groups mentioned above have had a great deal of support and guidance from staff. We also know that you yourselves play a crucial role in supporting them. Whilst this is true for their whole education, it is especially so during these key, critical times.

We have some key suggestions for parents of year 11 students further in the newsletter, many of which will apply to all year groups. Please remember that you can always seek further advice and support from your child’s tutor or Head of Year.

Parents evenings are a great way of working as a team with home, school and the students having the opportunity to discuss together how to best support each of our students. Our next parents evening is for year 10 students on Tuesday 13 February. We look forward to seeing all parents/carers of year 10 and students there! Just a reminder that school will finish at 2.15pm that day for all students.

I hope that you all have a good week and thank you for all of the support that you provide for our students in being ready for school and learning every day.

Yours faithfully

Mrs Brown

Year 11 Revision and Intervention

This week, year 11 were reminded that they now only have 12 weeks until their GCSE exams start. Many will also have experienced some form of examination before then if they are working on coursework (NEAs) or have a Spanish speaking exam.

It is critical that all students are attending the interventions they have been directed to as these make a real difference. We are especially targeting students to encourage them to strive for grades that are at least a 4/5. These grades are needed for the majority of courses and apprenticeships after year 11.

On Monday 22 January, they will each receive an exam preparation booklet. This requires them to record the interventions they attend each week and to complete a weekly revision plan for the next 12 weeks. As a rough guide, all students (nationally) in year 11 should be completing approximately 1.5 – 2 hours of homework and revision each night as well as some time over the weekend.

Some students will also be expected to attend intervention and booster workshops during the Easter holiday and May half term break.

Here are some suggestions of how you can best support your child during this crucial time for them and their future:

- Read each weekly email from Mr Emberley so that you know what is planned and needed on a weekly basis
- Check your child's exam preparation booklet (intervention record and revision timetables)
- Provide a quiet space for them to complete homework and revision
- Create a routine that fits with your family for their work time at home (1.5-2 hours each night plus time at the weekend)
- Ensure they schedule some relaxation time and do activities that support their health and wellbeing
- Ensure they have the correct equipment and it is always in their school bag (full pencil case plus a calculator)

If you have any further questions please do not hesitate to contact your child's tutor or Head of Year.

Year 10 Parents Evening

Just a reminder that Year 10 parents' evening is scheduled for Tuesday 13 February

Year 10 is a vital year for students as they receive most of their GCSE teaching and course content during this year. Their mocks at the end of year 10 also help to determine what levels they may be entered at for maths, science and Spanish.

It is really important for both parents/carers and our students themselves, to have time to sit and discuss their progress with their teachers. They will receive some helpful feedback that will support their development.

Please save the date and we look forward to seeing you all there!

Year 9 Options Evening

It was great to see so many parents/carers and students at our year 9 Options evening on Tuesday. This week students will be receiving their pathways and will be able to continue discussing and making decisions about what their preferences might be. Please do watch the course videos that will be on the school website and have discussions at home. Remember that decisions at this stage don't stop any careers pathways and it is always wise to go for subjects that each student enjoys and can achieve well in. Further information will be sent by email.

Safeguarding Update – Nicotine Pouches

We have been made aware that nicotine pouches (known as 'Nics') are being used by some teenagers. These pouches are small bags that are held in the users mouth and give a nicotine hit. Due to the levels of nicotine, these can cause the user to become really ill and possibly collapse. They can also lead to long terms health issues, including cancer, and damage the tissues in the users mouth. Nicotine is also known to be a highly addictive drug.

Please do make your child aware of the dangers of these items. If you know of any business who is selling these to under 18's please inform Trading Standards and ourselves. All Derby City Schools work together on agendas such as this to ensure we can collectively support the young people in our city. The image below shows an example of some nicotine pouch containers.



Manna (Hot Meals & Fellowship)

Manna (Hot Meals & Fellowship) is a programme run by the parents of two Derby Cathedral School students.

They provide hot meals and food donations to homeless and marginalized people out of the family's own money. They not only provide food for their bodies but also fill their hearts with the word of God and provide a homely atmosphere.

Manna is run at Ozzy Road Church, Charnwood Street, Derby, DE1 2GU every Thursday 12:30 to 2:00pm.

Manna is registered with Derby City Council and all safety measures are followed in accordance with the Food Standard Agency. If you or anyone you know is struggling for food, please share and feel welcome to come and join them on Thursdays!



Love4Life Community Group

The poster below provides information about a community group for girls that runs in the Stockbrook area of Derby. One of our students at DCS currently attends this group and is getting on really well and enjoying their experience.

The group runs from 3.35 – 4.35 every Thursday during term time and is free to attend, and there are drinks and snacks provided.

Please feel free to share with friends in other schools as well, referrals can be made by schools, parents or young people over the age of 16 using the following link: <https://www.tfaforms.com/4950894>



FIND YOUR LOCAL GROUP!



*Love4Life welcomes ALL girls

Who We Are

Love4Life by TwentyTwenty

Love4Life's mission is to give young people aged 11-18 the tools to build confidence and resilience to make positive choices for their health and relationships.

We offer groups and 1-2-1 sessions to young people who are referred to us by professionals, schools and parents. Young people aged 16+ may self-refer.

- ✓ Confidence Building
- ✓ Digital Safety
- ✓ Consent
- ✓ Periods & Puberty
- ✓ Body Positivity
- ✓ Understanding Healthy Relationships
- ✓ Emotional Wellbeing
- ✓ Resilience
- ✓ Growing Self-Esteem
- ✓ Healthy Coping Techniques

"I like how they always include everyone; it feels like a family!"
Past Love4Life Attendee

What We Do

How can Love4Life help?

Our Love4Life girls* groups are safe, creative, and supportive spaces to discuss important topics through fun activities. We aim to build self-esteem, confidence and knowledge of healthy relationships through engaging group sessions which vary week to week.

Our Love4Life groups are led by experienced youth workers and mentors and are completely free to attend.

YOUR LOCAL LOVE4LIFE VENUE:

Boyer Street Community Rooms, Boyer Street,
Derby, DE22 3XD
Thursday evening (term-time only)

Contact Fawn Kitson 07951706036 for more info



← SCAN QR CODE TO REFER NOW!

Love4Life is a registered charity under number 1120694 and a company limited by guarantee registered in England and Wales under number 06245103
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Family Hub Programme

Attached as an additional document with this newsletter is the Derby City Family Hub Programme leaflet.

This contains information of lots of different activities and support available for families through the Family Hubs, including support and activities for mums-to-be, families with babies and young children, as well as activities for students up through 19 years old.

The activities and support for 5 – 19 year olds starts on page 14.

Have a look through as there are some wonderful activities and places to go for all kinds of support all year round!



Dates Ahead

Term Dates

Friday 16 February: Break up for Spring half term

Monday 26 February: Return to school

Thursday 28 March: Break up for Easter holiday

Monday 15 April: Return to school

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

Monday 5th February

Friday 28th June

Parents Evenings

Tuesday 13 February: Year 10 Parents' evening (school ends at 2.15pm for all students)

Thursday 7 March: Year 9 Parents' evening (school ends at 2.15pm for all students)

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)

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