

This Week at Derby Cathedral School

w/c 19th May 2025



Our Bible verse of the half term is from the New Testament and was written by Paul, an early follower of Jesus. He wrote a letter to Christians in Galatia (in modern day Turkey) to encourage them and to remind them of some of the key important aspects of the Christian faith.

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

Galatians 6:9

Dear Parents/Carers,

As we reach the end of another action-packed half term, I reflect on Paul's message of encouragement in the Bible verse above—to persevere through challenges while maintaining hope for future rewards—perfectly captures the spirit we need as we pause, reflect, and prepare for the longer, final half term ahead.

Thank you for your unwavering support throughout this busy period. As always, we have packed an enormous amount into these weeks, making it essential for all our students to use the coming break as an opportunity to rest and recharge. The principle of not growing weary requires moments of renewal, and this half-term break provides exactly that.

Please take time to read through the various notices in this newsletter, particularly those highlighting local activities and opportunities for families. These community connections enrich our students' experiences beyond the classroom and demonstrate how we remain engaged with the wider world around us.

You'll notice our appeal regarding lost property—a constant challenge that we would appreciate your help with. Simply writing your child's name in biro or permanent marker on clothing labels makes an enormous difference. Named items are quickly reunited with their owners, whilst unnamed items inevitably become part of our spare uniform collection. We're also tremendously grateful for any uniform donations from items your children have outgrown, particularly blazers, trousers, and skirts. These contributions can be handed to main reception and genuinely support other families in our community.

I'm delighted to remind you that we now serve as a donation point for Derby City Mission's foodbank. If you're able to add an extra item to your shopping occasionally, these contributions directly support families in need. This initiative aligns perfectly with our FAITH values and research consistently shows that helping others enhances our own wellbeing—truly embodying the "harvest" that comes from doing good.

As we approach the halfway point of examination season, our Year 11 and Year 13 students continue to demonstrate the very tenacity that Paul encourages. This week offers them crucial time to rest, recuperate, and maintain their revision momentum. I am thankful for all staff members who are providing additional support sessions during the break—details have been shared via email. After half term, we'll be sending information about leaving celebrations for both year groups, marking the completion of their journeys at Key Stage 4 and 5 respectively.

I wish all families a restful and rejuvenating half term break. May you find the renewal you need to approach the final stretch of this academic year with energy and hope.

Mrs Brown

Exam Season – keep up the great work



Exam season is now in full swing, and our students are doing so well. A big thank you to all of you who have supported with getting exam-ready. Please do use this time to check you have all necessary equipment including your calculator, ruler and protractor.

We hope that all of our candidates have a relaxing half-term break and come back feeling refreshed and ready to keep going. The end is in sight!

Word of the Week - Rancid

Rancid

Definition: Having a terrible taste or smell

In Spanish: Rancio

Synonyms (words with a similar meaning): disgusting, sickening, awful, horrible

Antonyms (words with the opposite meaning): inoffensive, sweet, appealing, pleasant

Sentences:

The milk smelled rancid, so I threw it away.

We couldn't eat the meat – it was rancid.

A rancid odour filled the old kitchen.

He gagged at the rancid taste of the butter.

Other Cost of Living support

Local Assistance Award Scheme:

Families can apply for support under this scheme for help with discretionary housing payments, utilities/food, goods for the home and Council Tax Hardship payments. Further information can be found here: [Local Assistance Award Scheme - Derby City Council](#)

Support with water costs:

Severn Trent runs the Big Difference Scheme aimed at helping people who might struggle with paying their water bills. To find out if you are eligible for this help, please see their website for more information:

<https://www.stwater.co.uk/my-account/help-when-you-need-it>

Cost of Living Support

Community Action Derby has a list of help that may be available to you for support with money, food or mental health and wellbeing:

<https://www.communityactionderby.org.uk/crisis-support>

Healthy Start Scheme

If you're receiving a qualifying benefit and are pregnant or have children under the age of 4, you could get help to buy food and milk via the NHS Healthy Start Scheme. You can find more information and how to sign up here: www.healthystart.nhs.uk

Eligible families will receive a prepaid Healthy Start card which is topped up every four weeks with the following amounts:

- £4.25 per week from the 10th week of pregnancy
- £8.50 per week for each child from birth to 1 years old
- £4.25 per week for each child aged 1 to 4 years

In addition, the card can be used to collect free Healthy Start vitamins, which support individuals during pregnancy and breastfeeding, as well as vitamin drops for babies and young children. You can find your nearest vitamin collection point here www.nhs.uk/service-search/other-health-services/healthy-start-vitamins



If you're pregnant or have children under the age of four, you could get help to buy food and milk.

Apply online for NHS Healthy Start.

 www.healthystart.nhs.uk
@NHSHealthyStart

 SCAN ME

Lost Property



This term we've received a huge amount of lost property, with items ranging from coats and blazers to bags, bottles and other miscellaneous items.

3 times a week the lost property is put out in the canteen. Students can search through what's there after 3:10pm or before school starts the next day.

After 2 weeks items will be recycled or donated to charity. This term we've donated a large amount of clothing to The Hope Store at Derby City Church. It's great that it has all gone to a good cause, but we would still rather nobody lost their things for good!

Valuables and smaller items are kept at Student Services, please come and see the team if you're missing anything small and precious!

If you know anybody who has lost something then tell them to have a look!

Mental Health – Fostering a sense of belonging

Creating a strong sense of belonging is essential for children's emotional wellbeing and academic success. This guide explores ten simple and effective strategies, such as encouraging participation, celebrating diversity, and addressing bullying, that help schools build inclusive environments where every child feels valued and connected.

The National College has created [this free guide](#) offering parents and educators effective solutions to build inclusive, nurturing environments that help children and young people feel a strong sense of belonging.

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, tools and tips, please visit [thenationalcollege.com](#).

10 Top Tips for Parents and Educators FOSTERING A SENSE OF BELONGING

Feeling a genuine sense of belonging is essential for the emotional and social development of children and young people. Belonging significantly boosts self-esteem, resilience, and mental wellbeing, reducing feelings of isolation and anxiety. This guide provides practical strategies to help parents and educators cultivate inclusive environments, enhancing both academic outcomes and overall happiness among young people.

- 1 CELEBRATE INDIVIDUAL DIFFERENCES**
Acknowledge and celebrate the uniqueness of every child. Promoting diversity and inclusion creates an environment where differences are valued rather than stigmatised. This acceptance empowers children to confidently express their identities and feel genuinely included, fostering a robust sense of belonging within both school and home settings.
- 2 CONSISTENT COMMUNICATION**
Regularly communicate and actively listen to children, showing genuine interest in their thoughts and experiences. Creating open communication channels helps young people feel heard and valued. This approach not only builds trust but also reinforces children's perception of themselves as a vital part of their family, school and community.
- 3 MEANINGFUL PARTICIPATION**
Give children opportunities to actively participate and contribute, whether in classrooms, at home, or in community activities. Meaningful participation helps children feel that their voices matter, reinforcing a sense of purpose and value. Involving them in decisions and responsibilities enhances their self-worth, promoting a deeper sense of belonging and inclusion.
- 4 FOSTER STRONG RELATIONSHIPS**
Support and encourage positive relationships between peers, educators, and families. Strong healthy relationships significantly impact a child's sense of belonging, providing emotional support and reducing feelings of isolation. Foster these social interactions through group activities, teamwork, and collaborative learning to strengthen these vital connections.
- 5 CREATE INCLUSIVE SPACES**
Design environments that reflect diversity and are welcoming for everyone. Inclusive spaces where all children see themselves represented can dramatically improve their feelings of safety and acceptance. Consider classroom displays, books, and spaces that celebrate various cultures, abilities, and backgrounds to visibly reinforce inclusivity and belonging.
- 6 MODEL POSITIVE BEHAVIOUR**
Adults play a crucial role by demonstrating inclusive, empathetic, and respectful behaviours. Modelling positive interactions and attitudes sets a clear standard for children to follow. Children are likely to replicate inclusive behaviours, creating a supportive community atmosphere where everyone feels accepted and valued for who they are.
- 7 BUILD EMOTIONAL LITERACY**
Teach and encourage emotional expression and understanding among children. Developing emotional literacy enables young people to articulate their feelings and empathise with others. An emotionally intelligent environment cultivates mutual respect and compassion, fostering a deeper sense of belonging and interpersonal connection within groups.
- 8 SUPPORT PEER MENTORSHIP**
Encourage peer mentorship or buddy systems within educational settings. Peer support enhances feelings of connectedness and security, reducing feelings of isolation. When children support one another, they naturally build community bonds, nurturing a supportive culture where belonging and friendship thrive.
- 9 RECOGNISE EFFORTS REGULARLY**
Consistently acknowledge children's contributions and achievements, however small. Recognition reinforces a child's understanding that their presence and efforts are important. Celebrating individual and collective successes helps cultivate a positive environment where children feel acknowledged, motivated, and deeply connected to peers and adults around them.
- 10 ADDRESS BULLYING PROMPTLY**
Quickly address any incidents of bullying. Promptly intervening demonstrates a clear commitment to an inclusive and safe environment. Creating a culture where incidents are safely and effectively addressed reinforces trust, security, and a sense of belonging for everyone involved.

Meet Our Expert
Anna Bateman is Director of Holistic Education Ltd and Director for Wellbeing and Family Services at Leigh Trust. With extensive experience in systems mental health in schools, she supports educational leaders across the UK to develop inclusive, resilient, and supportive learning environments. Anna is also the lead expert for mental health at The National College.

#WakeUpWednesday
The National College

Source: See full reference list on guide page at: [nationalcollege.com/guides/fostering-a-sense-of-belonging](#)

[@wake_up_weds](#) [/www.thenationalcollege](#) [@wake.up.wednesday](#) [@wake.up.weds](#)

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Derby City Mission



Community Café and Community Shop (foodbank)

**Please consider donating to Derby City Missions
Community Café and Community Shop.**

**We are grateful for all donations but please no
chilled or frozen goods.**

Thank you for your support



Derby City Mission Charity Number 1140235 Previously 702027

01332 460346 - <https://www.derbycitymission.org.uk>



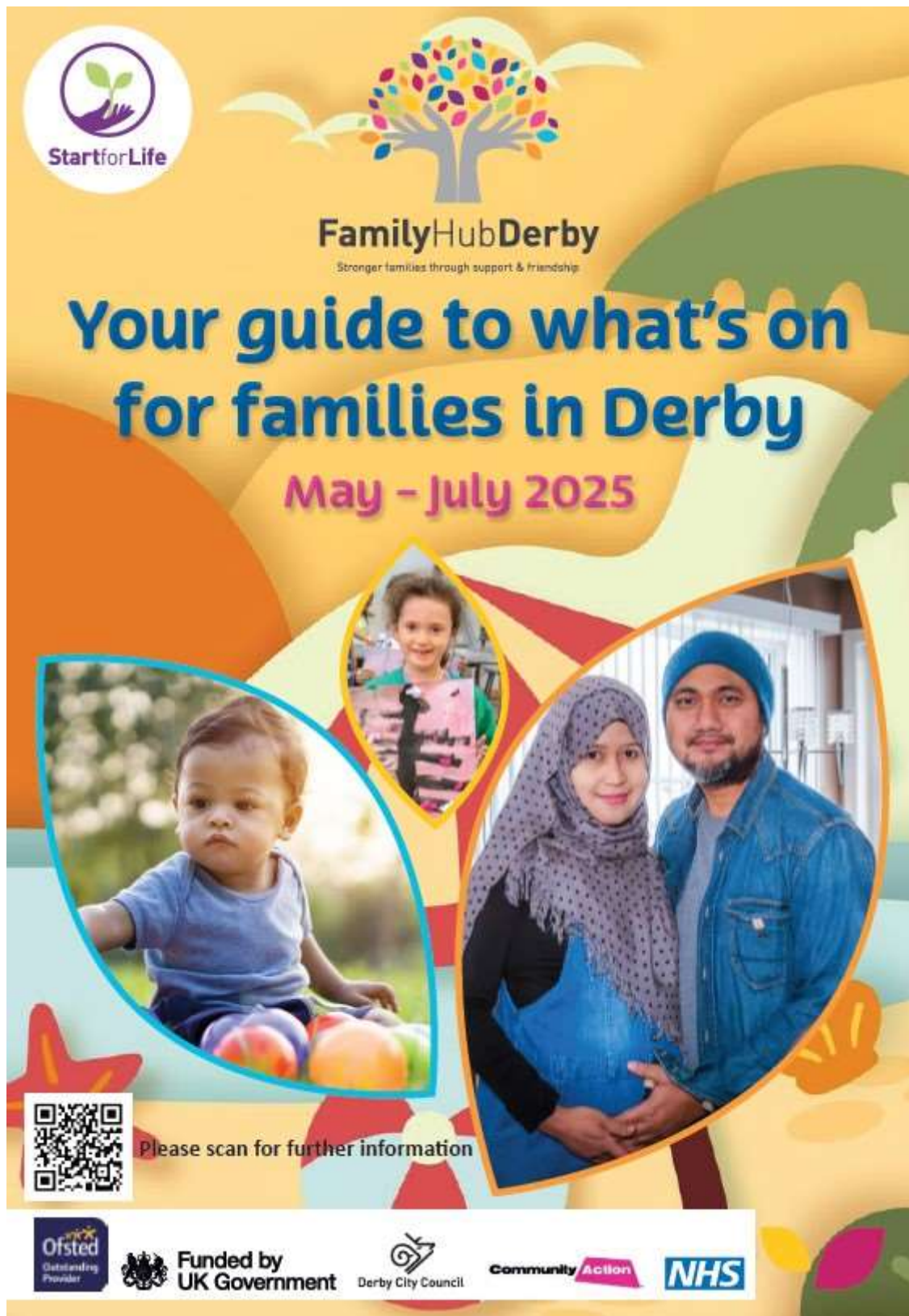
Derby Cathedral School are proud to be supporting Derby City Mission by collecting food donations for those in need in the local community.

We will be accepting donations at Main Reception every weekday from 8 am – 4 pm. Please hand all suitable donations to our Reception Team so they can be placed in the box for collection.

Thank you for your generosity 😊

Family Hubs – what's on in May

Derby City Council's Family Hubs have lots going on in May, [follow this link](#) to discover what's going on in your area for your child's age group.



The poster features a vibrant, abstract background with large, overlapping circles in shades of orange, yellow, and green. At the top left is the 'StartforLife' logo, which includes a stylized green plant growing from a purple hand. To its right is a colorful tree with a grey trunk and branches, where the leaves are represented by many small, multi-colored circles. Below the tree, the text 'FamilyHubDerby' is written in a bold, sans-serif font, with the tagline 'Stronger families through support & friendship' underneath it. The main title, 'Your guide to what's on for families in Derby', is prominently displayed in large, bold, blue letters. Below this, the dates 'May - July 2025' are written in a pink, rounded font. The central part of the poster is dominated by three circular photographs with decorative, multi-colored borders. The top circle shows a young girl with brown hair smiling and holding a pink book. The bottom-left circle shows a young child with dark skin and curly hair sitting on the grass, surrounded by colorful balloons. The bottom-right circle shows a man and a woman, both wearing blue head coverings, smiling and holding a baby. In the bottom left corner, there is a QR code with the text 'Please scan for further information' next to it. The footer of the poster contains several logos: 'Ofsted Outstanding Provider' on the left, followed by the Royal Coat of Arms and the text 'Funded by UK Government', then the 'Derby City Council' logo, and finally 'Community Action' and the 'NHS' logo on the right.

StartforLife

FamilyHubDerby
Stronger families through support & friendship

**Your guide to what's on
for families in Derby**

May - July 2025

Please scan for further information

Ofsted
Outstanding
Provider

**Funded by
UK Government**

Derby City Council

Community Action

NHS

Bridge The Gap - Drop-In Hub

Free walk-in support every Tuesday and Wednesday
9am - 11am



Medical Illness within School

As the spring and summer months approach, we see more students visiting us with hay fever symptoms. 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. If your child suffers from hay fever, please ensure they take their medication before school in a morning where possible.

It is also essential that all student have a water bottle to ensure they stay hydrated during the school day. Students can purchase a reusable water bottle from the reward shop if they do not already have one.

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.

Speeding – Please keep our children safe

We have received reports of vehicles speeding around or nearby the school site. Can we please remind parents, staff, sixth formers and anyone else who brings a car to school to drive carefully and be considerate of pedestrians. The beginning and end of the school day are especially busy times, and keeping children safe is our priority.

Breakfast Club – FREE breakfast for all Students



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

During the above times, all students are entitled to have 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



Period Poverty – a message from Aldi



Breaking the cycle of Period Poverty

At Aldi, we believe that access to period products is a basic right, not a privilege. That's why from March 2025, we'll be providing free pads and tampons in our stores and office toilets. Customers and colleagues will be able to take what they need, when they need it—no questions asked.

Why Access to Period Products Matters

Period poverty is a reality for far too many. Research shows that 41% of Brits struggle to afford period products with 30% forced to choose between buying them or other essential items like food or clothing. Without access to these products, some rely on

substitutes like toilet paper, kitchen roll or old clothing, leaving them feeling embarrassed, stressed and excluded from everyday activities such as work, school and social events.

By taking this step, we hope to support those who menstruate while encouraging others to join the effort to end period poverty for good.

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

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

24th July – Last day of term – early finish

INSET Days 2024-2025 – School closed to all students

Monday 30th June 2025

Parents Evenings / Opening Evenings 2024-25

Thursday 12th June 2025 – Y9 Parents Evening, 3 pm – 6 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

- Thursday 26th June 2025 – Y11 Prom 2025

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

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