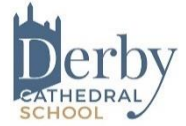


This Week at Derby Cathedral School

w/c 20th January 2025



Psalm 121:7 says:

"The Lord will keep you from all harm— he will watch over your life."

For us at DCS this shows that God is deeply concerned about our safety in all areas of our lives. He will do all he can to keep us safe.

Dear Parents/Carers,

As we reflect on another week at DCS, the Bible verse of the week means a lot to us as a community, affirming God's unwavering care and protection. At DCS, we take comfort in knowing that we have this comfort, guidance, and safety.

I would like to extend a heartfelt thank you to our Year 9 parents and carers who showed such support by attending our Year 9 Options Evening. With 77% attendance, the evening was a resounding success and we received such positive feedback with many parents highlighting the usefulness of the evening. . Parents had the valuable opportunity to discuss potential course choices with our dedicated subject staff. The options process continues, with option forms being emailed out detailing assigned pathways for each student. All students have also received more information from subject staff about exciting new courses, including health & social care, child development, and business studies. These sessions were delivered during their collective worship this week. The engagement that our year 9 students are showing throughout this process really highlights their 'aspiration' as part of our FAITH values.

I encourage all parents to carefully read the articles in this week's newsletter, which highlight two fantastic enrichment trips. Our A level history students visited Derby University - an incredible resource right here in our city. I recommend using the link in the article to explore more about this local institution. We also had a theatre trip to Nottingham, where students experienced the stage adaptation of Paula Hawkins' "Girl on the Train" - a thrilling mystery that has captivated audiences both as a book and a film. Do watch or read it yourself if you haven't had the opportunity to see it as theatre production!

A crucial reminder: Tuesday, 28th January is our Year 11 Parents' Evening. This is an extremely important event, as it will be the final parents' evening for these students. It provides a vital opportunity to discuss how best to support your child through this critical academic year. An email with appointment booking links has been sent. If you've encountered any issues with booking, please contact the school office.

Lastly, please note that Friday, 31st January is an INSET day, meaning the school will be closed to all students.

I wish you all a happy and productive week

Yours faithfully,

Mrs Brown

Y12 History Students visit University of Derby

On 16th January our Year 12 history students were invited to visit the History Department at the University of Derby. The visit provided an excellent opportunity for our budding historians to gain an insight into what it is like to study at university and what a typical history degree is like.

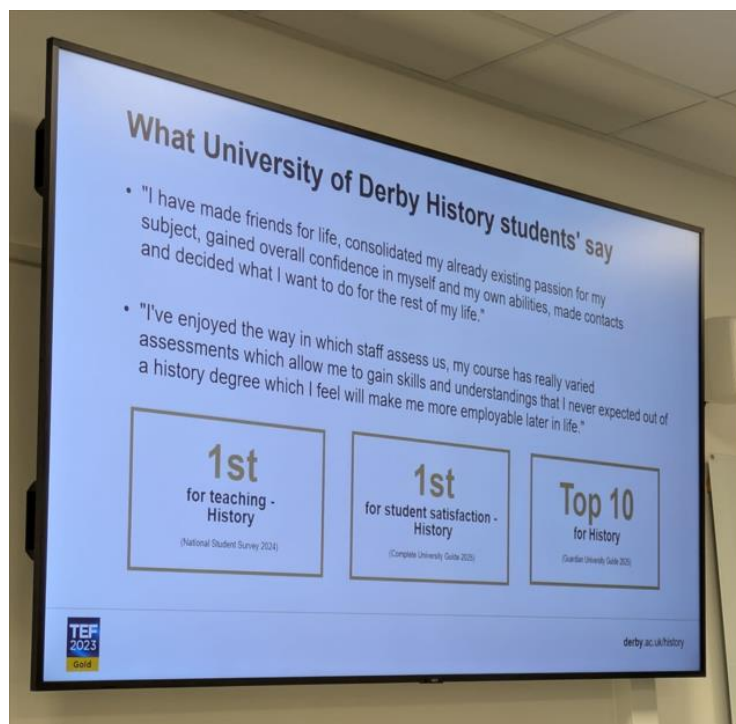
Students were involved in a range of different engaging activities, including a campus tour and a discussion into

studying history at university which was led by Dr Ruth Larsen. Students also had the chance to interact with a current university student who shared their experiences and advice.

We were all impressed with the quality of the learning environment at the university and the quality of the courses on offer. The History course is ranked in the top ten nationwide and is number 1 for teaching and student satisfaction.

We would like to thank Dr Larsen and the History Department for taking the time to support our students and are pleased to say that they have asked us to come back for some history masterclass sessions. We are very fortunate to have such a high quality resource in our local area.

If anyone is interested in finding out more about studying history at Derby - they have a range of courses on offer. Please follow this link. <https://www.derby.ac.uk/undergraduate/history-international-relations-politics-courses/>



GCSE and A-Level Drama/Music Theatre Visit – The Girl on the Train

On 23rd January GCSE and A Level drama and music students went to Nottingham Theatre Royal to watch a production of *The Girl on the Train*. The original novel sold over 20 million copies, and it was then turned into a film starring Emily Blunt. The success of this story was such that it was adapted into a play for the West End – where it received such acclaim it has gone on UK tour (where we were lucky enough to catch it!)



Whilst waiting for the show to begin, we could see just a rather untidy bed on stage, and not much else... but we should not be fooled by this simplicity, for the actors seamlessly transform the stage numerous times, and extremely clever lighting, sound and projection, help take us on the rollercoaster journey that is *The Girl on the Train*.

I won't give anything away in case anyone reading this hasn't seen/read it, but to say the audience were gripped would be an understatement! Having read the book and seen the film myself I knew the ending... and yet I started to doubt myself as there were so many threads you could pull on in the clever portrayal... it really kept you guessing.

On the coach home it was great to hear many of the students discussing what they thought the ending was going to be, and their strong opinions on some of the characters.

Both exam level music and drama students need to evaluate live performance – and this was a great example for them to see, as the music underscored the clever storytelling so well.



Word of the Week

Every week our students have a 'word of the week' that is discussed in a tutor session. All students receive the information below about the word and they are challenged to create their own sentence using the word.

Please do speak to them about it!

Word of the week has been '**Maculate**'

It means: Marked with spots, stained, or impure.

In Spanish it is: Manchar

Synonyms (similar words) are: speckle, pollute, degrade, muddy

Antonyms (opposite words) are: clean, pure, upgrade, elevate

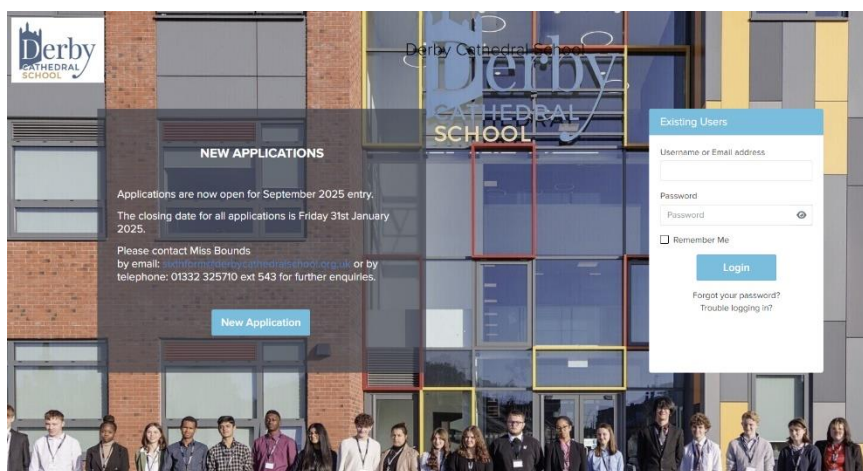
A possible sentence using 'maculate' is: "As I said, it was reasonable looking cloth, but maculate now"

Sixth Form Applications – Deadline: Friday 31st January 2025

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.



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 31st January**.

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 – 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](#)

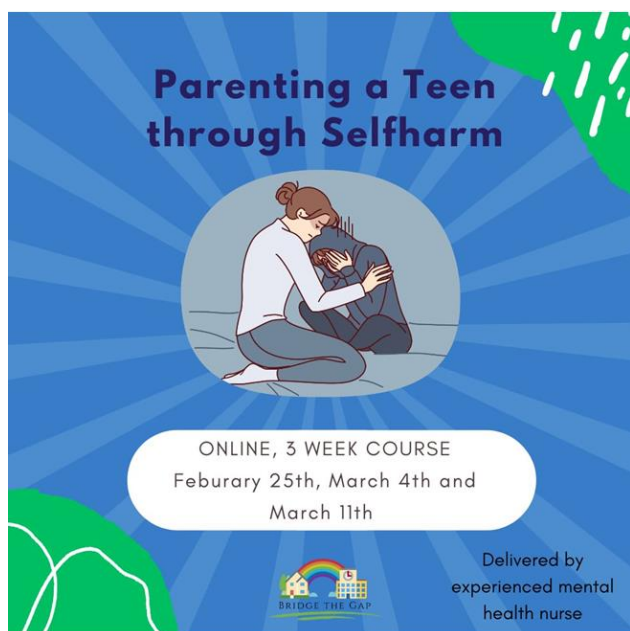
Bridge the Gap – Parenting a Teen through Self-harm



***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

NATIONAL SATURDAY CLUB

Society & Change

I'M GOING TO
MAKE A DIFFERENCE

IT STARTS ON SATURDAY

Free local Saturday Clubs for 13-16 year olds

Find your Club

@natsatclub
saturday-club.org

funding by
ARTS COUNCIL ENGLAND

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/>

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

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. 1090056

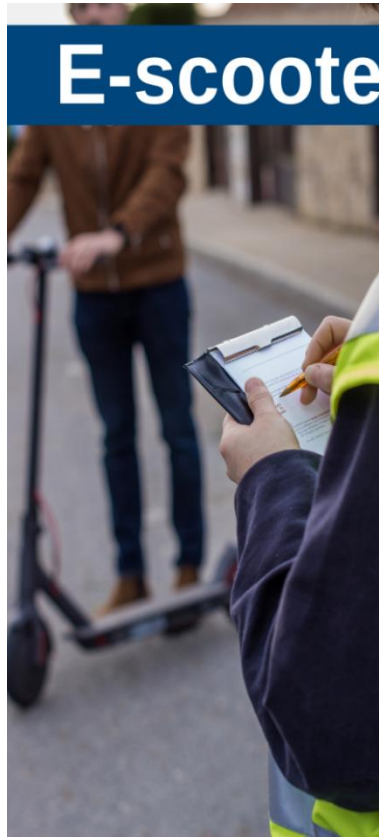
Reach Trust is a company limited by guarantee registered in England and Wales No. 367667

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.



Protecting Communities
Fighting Crime

Lost Property

During last term we had an excessive amount of lost property handed in, which is subsequently put out on display 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.

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

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

Friday 31st January 2025

Monday 30th 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

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

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

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

Other Key Dates

Wednesday 29th January 2025 – Year 9 Teenage Booster Vaccinations

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

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