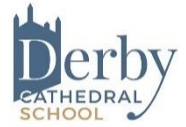


## This Week at Derby Cathedral School

w/c 28<sup>th</sup> April 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,

I hope all our families enjoy the bank holiday weekend, whatever weather we end up getting!

The encouraging words in the Bible verse, speak directly to our experiences at DCS during this busy season. In our collective worship this week, students explored this verse, examining its context and key vocabulary. To make it more accessible, we translated it as: "Don't get fed-up with doing good things because you will get rewarded if you keep on going" or simply, "It pays off to show tenacity in doing good!"

This message of perseverance resonates deeply throughout our school community right now. As we discussed in worship, we all encounter moments when challenges seem overwhelming and giving up appears tempting. Yet Paul reminds us that tenacity in doing what is right ultimately yields meaningful rewards. In upcoming tutor sessions, students will engage in oracy activities to further explore this verse and how it connects to our FAITH values, creating space for personal reflection and growth as part of our theme of investigating spirituality.

This week holds special significance as we commemorate VE Day. We're honoured to have been invited to participate in Derby Cathedral's VE Day service, representing our school in this important remembrance. Additionally, we've organized various activities throughout the week to help students understand the historical significance of this occasion that shaped not only our nation but the entire world. These commemorations on Thursday, May 8th, remind us of the extraordinary perseverance shown by previous generations – people who embodied the principle of not growing weary in doing good, even amid tremendous adversity.

Our Year 9 students experienced the beauty of the Derbyshire countryside this week during their geography fieldwork visit. I encourage you to view the photographs in the accompanying article to appreciate the beautiful landscapes they explored. My sincere thanks go to Mrs. Woodward, the geography department, and all staff who supported this valuable experience. Beyond the academic knowledge gained, these practical geography skills show us how perseverance in learning often leads us to discover new perspectives and appreciation for the world around us.

As we approach the final week before GCSE and A Level examinations begin in earnest, our thoughts and prayers are especially with our Year 11 and Year 13 students. These coming weeks will undoubtedly require the kind of tenacity that Paul speaks about in our verse. The months of preparation, hours of study, and the dedication shown by these students show what it means not to grow weary in doing good. It's important for them to remember that perseverance through challenges is itself a valuable achievement. The habits of discipline, focus, and determination you are developing now will serve you well beyond these examinations, becoming part of the "harvest" Paul promises to those who do not give up.

I wish you all a wonderful week,  
Mrs Brown

## Year 9 Geography Fieldwork Trip



Y9 students visited Wirksworth this week to complete fieldwork data collection activities. These will be presented and analysed in lessons over the coming weeks. The fieldwork was planned and delivered by Nottingham University Geography PGCE students as part of their course.

The weather was kind and students enjoyed discovering new landscapes and evaluating human impact and sustainability options.

Alex Booth, assistant professor of Geography at the University commented on how engaged students were and the excellent behaviour over the two days.





## Social Sciences Trip to Chester Zoo - Learning Beyond the Classroom



Students from Year 12 Psychology, Health and Social Care, and Sociology had an exciting and immersive trip to Chester Zoo.

Whilst there, Psychology students took part in a walking tour, where they visited the primate areas. They learned about how apes form bonds, grow up, and behave in groups—just like humans! They talked about important psychologists like Bowlby, Lorenz, Ainsworth and Harlow, and saw how their ideas link to real-life animals.

Our Health and Social Care students looked at how to keep children safe on trips like this by thinking about risk assessments. They also thought about how to make trips like this inclusive for everyone and looked out for ways the zoo can do this e.g. having QR codes for sign language.

Finally, our Sociology students practised doing observations, which is a research method they study in class and will be something they can apply to their Methods in Context exam. We all had a fantastic day and this trip allowed us the opportunity to bring classroom ideas to life!



## Helpful tips as we dive into the exam season

The main live exam season has just begun and we want to remind parents that there is helpful information on our school website which may give you some ideas to support your children through.

Please remember that morning exams start at 9am. It is so important that your child arrives in plenty of time to organise themselves beforehand, having had a drink and breakfast.

Some of the A-Level exams are very long and could mean that our A Level students with afternoon exams may be slightly later home than usual. Their exam timetable will give you an idea of how long the exams on each day.

The afternoon exams start at 1pm so you will then be able to see if they have a late finish.

Rest assured that all staff here at school are doing all they can to prepare and support the students through this important time.



## Craft Club – Kusudama flowers

The students have enjoyed making Kusudama flowers – which is a form of decorative Origami.

They used pages from magazines and junk mail to fold into individual petals, which were then glued together. They were happy with their results – and it's a great way to recycle!





## Word of the Week - Quaint

### Quaint

**Definition:** Charmingly old-fashioned

**In Spanish:** Pintoresca/Pintoresco

**Synonyms** (words with a similar meaning): antique, vintage, retro, traditional

**Antonyms** (words with the opposite meaning): modern, contemporary, current, new

**Sentences:**

The quaint shop sold handmade candles.

We stayed in a quaint cottage by the lake.

She wore a quaint dress from the 1950s.

The town square looked quaint with its old fountain.

## Derby City Mission



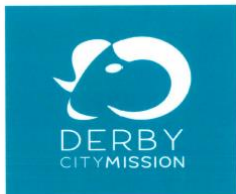
### Community Café and Community Shop (foodbank)

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.



**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**



## Top Tips for Parents & Educators: Exam Day Readiness

Exams can be a nerve-racking experience for young people, especially when pressure and expectations start to mount. [This guide](#) offers practical, easy-to-implement strategies to help reduce anxiety and set pupils up for success – from morning routines to emotional reassurance. Designed for use both at home and in school, these tips provide a valuable toolkit to support young minds on the big day.

We've created this free guide to encourage parents and educators to take small steps that make a big difference. Whether it's preparing a balanced breakfast, helping pupils use calming techniques or simply creating a peaceful environment, it highlights the importance of routines, resilience, and reassurance – helping pupils approach exams with focus, self-belief and a sense of calm.

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, hints and tips, please visit [nationalcollege.com](https://nationalcollege.com).

### 10 Top Tips for Parents and Educators

# EXAM-DAY READINESS

The lead-up to exams can be an emotionally challenging time. As the date approaches, nerves can become harder to manage. From nutrition to emotional support, this guide offers 10 practical strategies to reduce stress and enhance performance. Whether at home or in school, these tips encourage focus, resilience, and wellbeing – giving every student the best opportunity to approach exam day with clarity and self-belief.

- FUEL THE BRAIN**  
Encourage students to eat a balanced breakfast and hydrate before exams. The brain is around 80% water, so even mild dehydration can reduce memory and concentration. Provide water, cereal bars, or fruit on exam day – especially helpful if anxiety affects appetite. A little fuel can go a long way towards better performance.
- PROMOTE POSITIVE SELF-TALK**  
Support young people to challenge negative thoughts. Help them replace "I'm going to fail" with "I've worked hard; I can do this". Positive affirmations boost confidence and reduce anxiety. Practise these together at home or in school settings.
- PRACTISE RELAXATION TECHNIQUES**  
Encourage daily use of calming techniques, such as diaphragmatic breathing, guided muscle relaxation, or mindfulness. These techniques help regulate stress responses. Consider running short morning sessions before exams, or practising together at home to promote calm focus.
- CREATE FAMILIAR COMFORT**  
Ensure a supportive adult is visible and available before exams. The calm presence of a parent or teacher can offer a sense of safety. Schools can provide 'calm zones'; parents can support with consistent routines and reassuring conversation.
- ENCOURAGE VERBAL EXPRESSION**  
Invite students to talk about their exam worries. Whether it's a quick check-in with a teacher or chat with a parent, open conversations reduce emotional pressure. Active listening is often more powerful than immediate problem solving.
- ORGANISE EXAM-DAY LOGISTICS**  
Prepare exam-day essentials in advance. Schools can coordinate staff to greet students and manage pre-exam spaces. Parents can prepare clothes, equipment and transport the night before to prevent stress.  
**got this!**
- BUILD A COPING TOOLKIT**  
Teach students simple 'in-the-moment' coping strategies. These include calm breathing, focusing on what they can control, and using grounding techniques. Practise these together so they become easy to recall under pressure.
- EMBRACE A BALANCED ROUTINE**  
Reinforce healthy routines: regular sleep, nutritious meals, movement and time to unwind. Families and schools can support students by encouraging outdoor time, screen breaks and restful evenings before exams.
- NORMALISE EXAM NERVES**  
Let students know that feeling anxious is normal and doesn't mean they're unprepared. Reassure them that a certain level of stress is natural – and can actually improve focus and performance when managed well. A calm, understanding tone – at home and at school – helps build confidence and resilience.
- KEEP SPACES CALM**  
Reduce pressure in exam-day environments. Whether in the school common room or family kitchen, avoid last-minute cramming. Instead, use soft lighting, gentle music, and quiet time to support a composed mindset.

**Meet Our Expert**  
Stefan Fusenich is a teacher educator and DfE subject learning coach (advanced practitioner). Stefan has extensive management and teaching experience across various posts in education, and is a qualified lecturer with Qualified Teacher Learning and Skills status.

**#WakeUpWednesday**  
**REVISION**  
**The National College**

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/exam-day-readiness>

[@wake\\_up\\_weds](#) [/www.thenationalcollege](#) [@wake.up.wednesday](#) [@wake.up.weds](#)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 01.05.2025



## 'Story Chefs'

Maison Foo & the Creative Sanctuary group presents...

'Beautiful, heart warming and joyous.'

'Food and Stories really do connect us all, Thank you Story Chefs.'

**STORY CHEFS**

Theatre, Food and around the world fun for all the family.

Tickets £5 OR Family Deal: 4 tickets for £15  
SCAN QR TO BOOK OR call box office: 01332 593939

Story Chefs  
Saturday 3rd May  
4.30 pm  
Normanton Library

Story Chefs  
Sunday 18th May  
4.30 pm  
Bramblebrook Community Centre

Join the 'Story Chefs' for a magical around the world adventure! Delicious stories brought to life, with a sprinkle of mischief and magic and a good serving of puppets, music and theatre fun. Followed by food tasters from around the world, served with love at the pop-up Story Chef Kitchen by Maison Foo's Creative Sanctuary group.

**Yum!**

**Suitable for ages 6 to 106!**

PRINT DESIGN BY RODBOROUGH FRAMING STUDIO



Supported using public funding by  
**ARTS COUNCIL ENGLAND**





## Bridge The Gap - Drop-In Hub

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



## Lost Property

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

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](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.



## 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

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

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

### Parents Evenings / Opening Evenings 2024-25

Thursday 12<sup>th</sup> 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

- Wednesday 23<sup>rd</sup> April 2025 – Year 11 & Year 13 Group Photographs
- Thursday 26<sup>th</sup> June 2025 – Y11 Prom 2025
- Friday 27<sup>th</sup> June 2025 – Y13 Leavers Prom 2025

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

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