

## This Week at Derby Cathedral School

w/c 2<sup>nd</sup> June 2025



In our final half term, we are reflecting on a verse from the Book of Proverbs. Thought to have been written by King Solomon, this collection of wise sayings was compiled around 3,000 years ago to guide God's people in practical, everyday living. These ancient principles remain remarkably relevant today, offering enduring wisdom for navigating relationships, character development, and moral decision-making.

**Proverbs 11:2** teaches us that **"When pride comes, then comes disgrace, but with humility comes wisdom."** This principle speaks directly to how we raise our children and model behaviour in both our homes and school community.

Dear Parents/Carers,

I would like to begin by extending warm wishes to all members of our community who celebrated Eid on Friday. These sacred moments of reflection and celebration enrich our diverse school family.

Our examination students continue to demonstrate the very humility that Solomon commends, approaching their assessments with focus and determination rather than overconfidence. We are now well over halfway through the examination period, and I want to congratulate all students for maintaining their commitment and resilience. Year 11 students have just received their individual timetables from Wednesday, 11th June onwards. These personalised schedules will enable them to access specific revision sessions in school that directly relate to their remaining examinations, whilst also providing structured time for focused home study. This balanced approach reflects the wisdom of measured preparation.

This week, we have reset our expectations regarding the fundamental standards of uniform and equipment. As always, our students have responded excellently, and we have already observed significant improvements in uniform standards. Being properly prepared for school—both in appearance and with the necessary tools for learning—is critical for all year groups. This attention to detail might seem small, but it reflects the kind of character-forming habits that Solomon would have recognised as essential for success. We remain very grateful for your sustained support in ensuring your child has everything they need to learn effectively. If you require any assistance with uniform or equipment, please do not hesitate to contact us.

As we approach the summer break, I would ask you to consider whether your child has any uniform items they are outgrowing. We would be tremendously grateful for donations of blazers, ties, PE kit, and black trousers or skirts.

Looking ahead, we have several key dates approaching, including transition periods for our new Year 7 and Year 12 students. Our new Year 7s will join us from 1st to 3rd July, whilst Year 12 transition takes place on Monday, 23rd June. These transition events represent exciting new beginnings for both incoming students and our existing community. All specific information will be emailed directly to relevant families.

In these final weeks of term, let us remember that true success comes not from pride in our accomplishments, but from the wisdom gained through humble perseverance, mutual support, and commitment to doing what is right.

I wish you all a wonderful week  
Mrs Brown

## Derby Theatre trip



On Friday 23rd May, year 10 Drama students were lucky enough to spend the day at Derby Theatre, which is owned by the University of Derby. It is the first ever learning theatre of its kind and is recognised regionally, nationally and internationally. We are so lucky to have this facility within walking distance of school and to be able to give our students the experience we did.

In the morning the students were told about some of the different courses they run, and then got to see some of the backstage area and then actually go onto the stage (which was already set for a production they were seeing that afternoon). They got a sense of the complexity of the staging, lighting and sound – and the safety levels needed when “flying” items into place! And the sheer amount of production crew it takes to make a show run seamlessly.

Students then had taster workshop of some of the different courses offered – including Theatre Arts, English, Dance and Technical Theatre & Performance Design. Our students particularly thrived in the practical, and let’s just say that the costumes they had to quickly create out of just cloth and tape (that linked to a story they had already invented) were most entertaining!

As if that wasn’t enough, after lunch the students were allowed to watch the 3rd year Theatre Arts students’ production of *Jekyll and Hyde* by Evan Placey: a very clever modern-day sequel to the original novella of *The Strange Case of Dr Jekyll and Mr Hyde*. It hooked us all in, and at the interval we were all trying to predict what would happen next... but none of us quite worked out the clever intricacies that were powerfully delivered in this play.

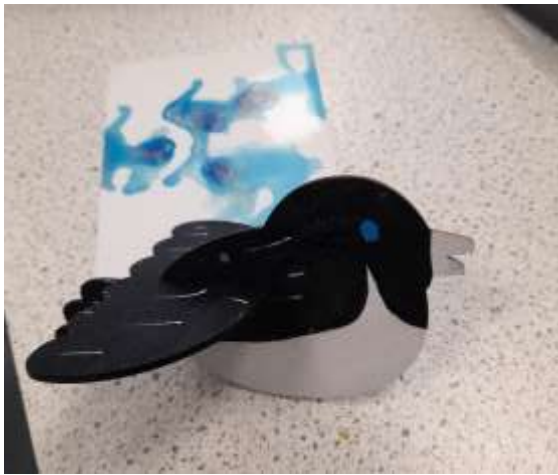
It was a full, eye-opening and rewarding day, which will not only help them with their current GCSE in drama, but was hopefully enjoyable and aspirational!

## Craft Club



This week Students had fun experimenting with alcohol inks. We used specialist Yupo paper and dropped tiny blobs of ink onto it. We then used pipettes to add drops of blending solution and added more colours. Some students tipped their paper to create movement, others let the ink and alcohol blend freely. Everyone really loved the results, especially the beautiful effects that the metallic inks made.

Students also enjoyed decorating wooden birds using paint and posca pens for details, we had some quirky birds as well as some more realistic ones!



## **\*\*New\*\* Telephone Options for DCS**

As of Monday 9<sup>th</sup> June 2025, a number of telephone options will be offered to you when calling DCS. We are hoping that by giving callers the opportunity to be transferred directly to the relevant team, rather than holding in a long queue for the Reception staff to transfer you, it will help to ensure your query will be answered and dealt with more efficiently, and will reduce your wait time to speak to the relevant member of staff.

Please note the updated options below:

- To report a Year 7-11 student absence – Option 1
- To report a Sixth Form student absence – Option 2
- Staff absence – Option 3
- Attendance Team – Option 4
- Admission queries relating to years 7-11 – Option 5
- Sixth Form admission queries – Option 6

If none of the above options are applicable, you will be put through to the reception team who will aim to help with your query.

If you are unable to reach the team you wish to speak to, please leave a voicemail providing your name, the student's name, a contact telephone number and a short message and you will be called back by a staff member who should be able to help.

Alternatively, you may find it much easier and quicker to email in your query to [info@derbycathedralschool.org.uk](mailto:info@derbycathedralschool.org.uk). This inbox is regularly monitored and your email will be passed to the relevant member of staff for them to respond directly.

## **Word of the Week - Rapport**

### **Rapport**

**Definition:** Mutual understanding and harmony

**In Spanish:** La compenetración / la buena relación

**Synonyms** (words with a similar meaning): friendship, communion, empathy, solidarity

**Antonyms** (words with the opposite meaning): alienation, disaffection, estrangement, distance

#### **Sentences:**

The teacher built a good rapport with her students.

They have a strong rapport after years of working together.

A smile can help create rapport quickly.

The doctor's rapport with patients made them feel safe.



## Derbyshire Constabulary Youth Survey – ‘Your Voice Matters’

Derbyshire Constabulary are running their annual youth survey, ‘Your Voice Matters’ and are encouraging young people from ages 11-25 to take part. The survey is anonymous and will help to ensure the voice of young people is heard.

We understand that parents/carers may wish to view the questions before allowing their child to take part so we are asking schools if they would be willing to share this information with parents/carers in their school newsletters and also promote across their school setting.



Questions include topics such as whether they think we use ‘use of force/stop search etc.’ appropriately, it also asks them to list their top three crime concerns and has an open text box for what topics they think we should cover in schools. The data will be collated so that we can have a better understanding of what matters most to young people and then look to address those problems.

The survey closes on the 27th June and can be completed via this link:

<https://forms.office.com/e/fx3PMZKj1H>

Thank you for your support!

For more information contact Julie Berry at [Julie.berry@derbyshire.police.uk](mailto:Julie.berry@derbyshire.police.uk)

### 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](http://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](http://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](http://www.healthystart.nhs.uk)  
@NHSHealthyStart

 SCAN ME

On behalf of Derby City Council



**Funded by  
UK Government**



## Mental Health – Fostering a sense of belonging

With around 70% of teens reporting they've seen violent real-life content on social media in the past year, [this guide](#) shines a light on a disturbing – and increasingly common – aspect of young people's digital lives. From shocking videos to hate speech, many children don't go looking for this material, it finds them via algorithms or peer sharing.

The guide outlines key concerns, including the mental toll of repeated exposure, shifts in behaviour, and the worrying normalisation of harmful ideologies. It also explains how such content can escalate from screen to street, and why some young people may feel pressured to share or even create violent media themselves.

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, facts and tips, please visit [nationalcollege.com](http://nationalcollege.com).

### What Parents & Educators Need to Know about VIOLENT CONTENT ONLINE

Around 70% of teenagers say they've seen real-life violence on social media in the past year – often from as young as primary school age. Just 6% actively seek it out: most encounter it through group chats or social media algorithms. From fights and pranks to hate speech and graphic media, exposure to violent content online is more widespread – and more harmful – than many adults realise.

#### WHAT ARE THE RISKS?

##### MENTAL HEALTH AND TRAUMA

Children and young people report feelings of anxiety, guilt, shame or fear after seeing violent content. For some, these effects may be short-term, but for those with existing vulnerabilities or past trauma, the impact can be more severe. Many are too pressured by 'tough' or 'cool' content to sit with friends, even when they find it distressing.

##### DESENSITISATION

Older teens may become numb to violent content after years of exposure, admitting they're unlikely to report it. Younger children also tend not to report it – usually because they don't believe anything will be done or because they're afraid of being labelled a 'snitch' by their peers.

##### BEHAVIOUR CHANGES

Exposure to online violence can lead to fear and avoidance behaviours – such as skipping school or staying indoors. When children see weapons used in videos, it can heighten their perception that the world is unsafe and, in rare cases, increase the likelihood they'll consider carrying a weapon themselves, such as a knife for protection.

##### HARMFUL IDEOLOGIES

Violent content online may overlap with racist, misogynistic or otherwise extremist ideas. These ideologies can stigmatised others or glorify violence as a way to gain power, popularity or notoriety. Over time, this can normalise dangerous behaviours and attitudes among impressionable viewers.

##### ESCALATION AND PARTICIPATION

Violent videos often go viral quickly. What begins as an online argument can spill into real-world fights – which are sometimes filmed and shared to gain views or status. Some children even start to chasing or creating violent content themselves to gain attention or boost their reputation.

##### DISPROPORTIONATE IMPACT

Not all children are affected equally. Those who are excluded from school, marginalised, disabled or neurodivergent are often more vulnerable to the effects of online violence. It's essential to consider wider context – including trauma and access to safe spaces – when thinking about potential harm.

### Advice for Parents & Educators

#### CREATE SUPPORTIVE SPACES

Many children feel unsafe or are busy or won't understand their experiences online. Take time to build trust through non-judgmental conversations about what they're seeing. If they don't want to speak to you directly, gently signpost towards trusted adults they can turn to for support.

#### AVOID HARSH RESTRICTIONS

Fear of punishment is a major reason young people stay silent about violent content. Try not to overreact or threaten to take away devices. Instead, reassure children that they can speak openly and that asking for help won't get them into trouble.

#### KNOW WHAT'S ILLEGAL

Some violent content is simply upsetting, while other examples may be criminal or a safeguarding matter that needs reporting. Help children understand the difference by staying informed about online laws and social media reporting procedures. A useful resource is [reportitnow.ukonline.com](http://reportitnow.ukonline.com).

#### UNDERSTAND TECH AND TRAUMA

Older children may already know how to block accounts or avoid triggering content. Help younger or more vulnerable children learn these skills and encourage habits that reduce exposure. Just as importantly, teach techniques that help them process distress – building resilience and emotional literacy for both online and offline life.

#### Meet Our Expert

Dr. Holly Powell-Jones is the founder of Online Media Law UK and a leading expert in digital safety, media law, and young people. Her PhD investigated children's understanding of risk online. She works with schools, businesses, and universities to provide award-winning education on the criminal, legal, and ethical considerations for the digital age. Visit [onlinemedialaaw.co.uk](http://onlinemedialaaw.co.uk) for more.

**#WakeUpWednesday** The National College

[@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: 21.05.2025

## 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.

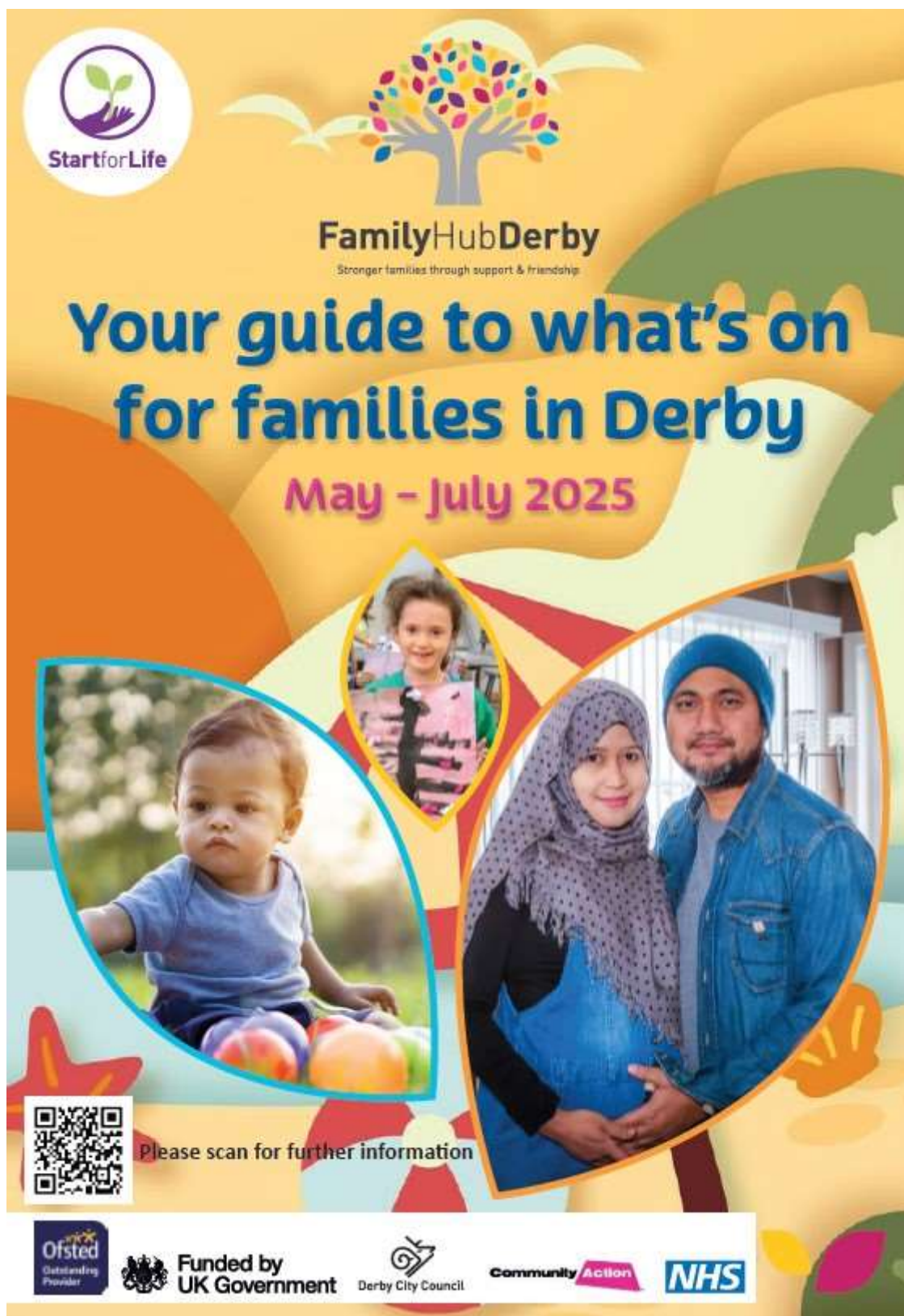
We will be accepting donations at Main Reception every weekday from 8 am – 4 pm. Please hand all suitable donations to our Reception Team so they can be placed in the box for collection.

Thank you for your generosity 😊



## Family Hubs – what's on during May to July 2025

Derby City Council's Family Hubs have lots going on from May to July 2025. To discover what's happening in your area for your child's age group please visit <https://www.derby.gov.uk/community-and-living/family-hub-childcare/family-hub/> or scan the QR code below.



The poster features a vibrant, abstract background with warm orange and yellow tones. 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 multi-colored leaves. Below these is the 'FamilyHubDerby' logo with the tagline 'Stronger families through support & friendship'. The main title, 'Your guide to what's on for families in Derby', is written in large, bold, blue letters, with the dates 'May - July 2025' in pink below it. Three circular photo cutouts are arranged in a cluster: one shows a young girl holding a pink card, another shows a baby sitting on colorful balls, and the largest one shows a smiling couple, a woman in a grey hijab and a man in a blue beanie and jacket, holding a baby. In the bottom left corner, there is a QR code and the text 'Please scan for further information'. The footer contains several logos: 'Ofsted Outstanding Provider', the Royal Coat of Arms, 'Funded by UK Government', the 'Derby City Council' logo, 'Community Action', and the 'NHS' logo.

**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](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.

## 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

24<sup>th</sup> July – Last day of term – early finish

### 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

- Thursday 26<sup>th</sup> June 2025 – Y11 Prom 2025

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

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