

This Week at Derby Cathedral School

wc 30th September 2024



In Galatians 3:28 it says:

“There is neither Jew nor Greek, there is neither slave nor free, there is neither male nor female, for you are all one in Christ Jesus.”

This is a beautiful verse about the value of equality. For us at DCS, it is a reminder that inspiration and wisdom can come from a huge variety of authors, people and cultures.

Dear Parents/Carers,

Our Bible verse of the week is well timed with the start of Black History month. It reminds us that we are all humans and equal in the sight of God. This is also at the core of our school vision statement. It talks about how we celebrate the diversity of our school community and what richness and vibrancy this brings to us.

Last week we had a very successful year 6 open evening. A big thank you to all of you who either came to visit or if your child helped out in support. All of our students helpers were fantastic and a real credit to themselves, their families and the school. It was lovely to see how proud they were to take visitors around the school and to talk about their experiences. We really appreciated their time and support.

Just a reminder that we have our Sixth Form open evening on Thursday 10 October; this is a great opportunity for all year 11 students to start to think about their next steps after their GCSE exams.

October is a time where we highlight Black History month; please do see the article in this newsletter which shows some of the activities we are providing for our students. We are also joining in with World mental Health day on Thursday – please do see the email from school and the relevant article. We invite all students to wear something yellow (to replace one of their uniform items) to help raise awareness of this important issue.

I hope that you all have a lovely week and here’s hoping for a bit less rain!

Yours faithfully

Mrs Brown

October – Celebrating Black History Month

October is a month where we celebrate Black History. At DCS there are a few activities that highlight this celebration to students and keep the momentum going throughout the whole month!

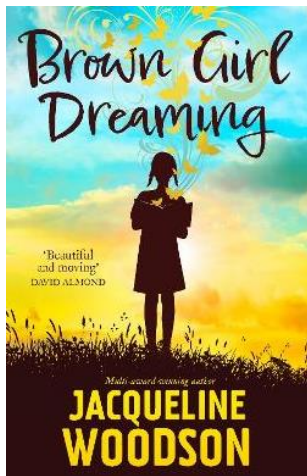
This year's theme for Black History Month is "Reclaiming Narratives," and marks a significant shift towards recognising and correcting the narratives of Black history and culture.

As part of this, all students will experience a collective worship on this theme.

They will also see some posters around school that feature black artists and how their culture has influenced their art.

Black history is also the theme of our tutor reading programme and this month's class readers highlight books written by black female authors; this is to expose our students to more diverse authors and stories.

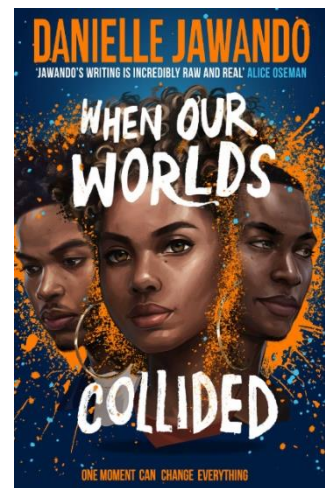
Below are the books our students will be reading extracts from. You might want to see if you can find them in your local library too!



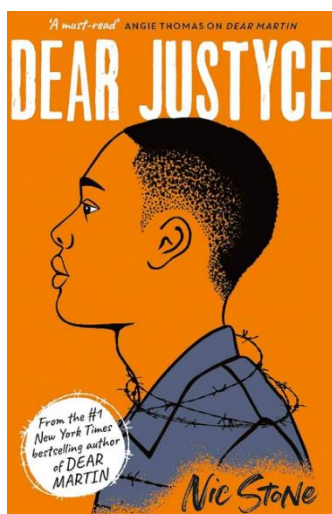
Year 7



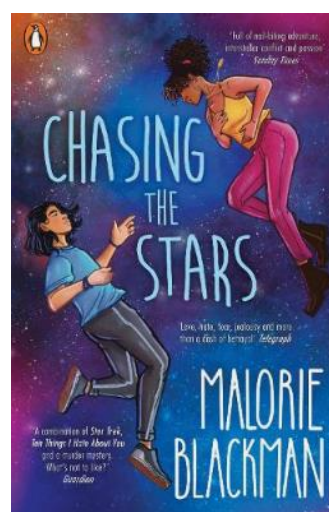
Year 8



Year 9



Year 10



Year 11

World mental Health Day – Thursday 10 October

On Thursday 10 October, we will be joining in with the World Mental Health day by wearing something yellow. Any yellow item replaces something in your uniform; it could be anything like a t-shirt, jumper or pair of socks!

It isn't a non-uniform day so we're not asking for donations; just asking for support and positive conversations about supporting young people and their mental health.

The Young Minds website has great advice for both young people and parents/carers. Have a look at:
<https://www.youngminds.org.uk/>



Flu Vaccine – December 2024

If you would like your child to receive the flu vaccine in school this year, please follow this link to complete an online consent form. If you would like to decline, please complete a no consent form on the attached link.

<https://nhslmms.azurewebsites.net/session/568cf314>

The vaccinations will take place at your child's school on Tuesday 3rd December 2024. The link will close on the 19th November 2024. If your child has already had the Flu vaccine elsewhere since Sept 2024, please disregard this message. If you have any problems accessing the link, please telephone 0333 3583 397 option 5.

Free English Classes for Adults

Derby Adult Learning Service are offering a range of free (funded by UK government) English classes to support parents/carers improve their English skills within a family context such as the school system, healthy eating, parents' roles and responsibilities to support their child, keeping healthy, wellbeing, making appointments, engaging with their child's school.

Classes are available in Family Hubs around Derby. Please see below:

Osmaston Allenton Family Hub, 60 Cockayne Street North, Allenton, Derby

DE24 8XB. Starting Monday 16th September, 9.30-11.30am. Phone - 01332 956850

Rosehill Family Hub, 17-19 Lower Dale Road, Derby, DE23 6WY.

Starting Tuesday 17th September, 12.30-2.30pm. Phone - 01332 641315

Becket Children's Centre, 35 Stockbrook Steet, Derby, DE22 3WR.

Starting Wednesday 18th September, 9.30-11.30am. Phone - 01332 640250

Sinfin Children's Centre, 345 Sinfin Lane, Derby DE24 9SF.

Starting Thursday 19th September, 9.30-11.30am Phone - 01332 956967

Mackworth Morley Family hub, Reigate Drive, Derby, DE22 4EQ.

Starting Friday 20th September, 9.30-11.30am. Phone - 01332 208175



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

NHS Cadets Opportunity


St. John's Ambulance and the NHS have partnered up to offer an exciting free programme called the NHS Cadets.

NHS Cadets' mission is to attract young people to careers in healthcare and develop their skills to the point where they are self-sufficient in health volunteer opportunities.

The programme will assist young people in not only acquiring new skills and knowledge but also gaining hands-on experience in the NHS through a 36-week programme (2 hours per week, not including work experience).


There is currently an Advanced Programme starting soon in Derby aimed at 16-18 year olds.

Pathways into healthcare | sja.org.uk/nhscadets



Ask us how young people can volunteer in healthcare

sja.org.uk



Join NHS Cadets today

Who can get involved?

Our Cadets come from a diverse range of backgrounds - there is no 'typical' NHS Cadet. If you identify with one or more of these statements, our programme would be a good match for you.

- I'm from a minority ethnic group
- I consider myself part of the LGBTQI+ community, or I'm questioning
- I'm not in education, employment or training, or I'm at risk of this
- I'm struggling with my progress at school or college
- I live in care, or I've recently left care
- I provide regular care or support for someone
- I receive free school meals
- I have mental health concerns
- I consider myself to have a disability or impairment
- I consider myself neurodivergent, or I have special educational needs
- I am seeking asylum, or I'm a refugee

If you're unsure whether you fit into one of these categories or wish to discuss something else, please don't hesitate to email one of our friendly team at nhscadets@sja.org.uk

How do I get involved?

New programmes are opening all the time and even if we don't currently have one in your area you will be added to the waiting list ready for when we have one close enough to you. Or we may be able to put you on a virtual group so that you can take part from the comfort of home.

To learn more, find your local programme and apply, please visit <https://nhscadets.sja.org.uk/join-today/>.

Issue Number 4 April 2023

Reach your potential with NHS Cadets and learn the skills you need to support vital healthcare teams across the country.

[NHS Cadets](#) is a Programme created by St John Ambulance in partnership with the NHS. It's designed to provide you with the opportunity to explore roles in healthcare and prepare for volunteering.

The programme consists of two pathways: Foundation (for 14–16-year-olds) and Advanced (for 16–18-year-olds). You'll learn about a range of exciting healthcare topics, develop your leadership and communication skills, and gain insight into volunteering within the NHS.

It is a free programme consisting of 2-hour weekly sessions over 36 weeks. You'll be supported throughout your journey by our NHS Cadets Team.

Dates Ahead

Term Dates

28th October – 1st November – Half Term

23rd December – 3rd January – Christmas Break

INSET Days – School closed to all students

4th November

Parents Evenings / Opening Evenings

2nd October – Y6 Open Evening 5:30 – 7:30pm

10th October – Y12 Open Evening

19th November – Y10 Information / Parent Evening

28th January 2025 – Y11 Parents Evening 3-6 – early finish for all students at 2.15pm

Other Key Dates

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