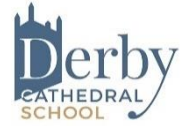


This Week at Derby Cathedral School

w/c 3rd February 2025



Philippians 4:6-7 gives advice to those who are feeling under pressure:

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds.”

For us at DCS this gives us some things we can do if we feel under pressure – pray, ask God for help and be thankful for what is good. It also contains the promise that in the most stressful times, God’s peace will protect our hearts and minds.

Dear Parents/Carers,

In the midst of our busy academic season, with mock exams, parents' evenings, and various challenges facing our students, I find myself reflecting on the wisdom found in Philippians 4:6-7. This powerful verse reminds us that even in times of pressure, we have a source of strength and peace that surpasses human understanding.

As our Year 11 students navigate their final months at DCS, and our Year 10s prepare for important parent consultations, these words resonate deeply within our school community. The verse teaches us three vital practices: to pray, to ask for help, and to maintain gratitude – principles that align perfectly with our school's ethos of supporting one another while maintaining faith in challenging times.

This week showcases the diverse talents and determination of our students. We're particularly proud of our computing students who have advanced to the next round of the Bebras Computing Challenge – their achievement demonstrates how our FAITH values of aspiration and tenacity can lead to remarkable success. Their story reminds us to be thankful for the gifts and abilities within our school community.

Speaking of celebration, our Year 11s are embracing the spirit of Valentine's Day this Friday by organising fundraising activities for their upcoming prom. This initiative not only shows their creativity but also their commitment to ensuring all their classmates can participate in this milestone event. It's heartening to see our students supporting one another in this way, demonstrating Fellowship.

As we approach the half-term break, I encourage all parents to take advantage of the free eye tests currently being offered by M&S – your children's eye health is crucial to their learning journey. Additionally, Year 10 parents, please ensure you've booked your appointments for Thursday's parents' evening, as these conversations are vital for supporting your child's progress.

Remember, just as the verse promises that God's peace will guard our hearts and minds, we at DCS strive to provide a nurturing environment where every student can flourish. As we look forward to the break, let's carry forward this message of peace and support into the coming weeks.

A reminder that we break for half term on Friday 14th February and school reopens on Monday, February 24th.

Yours faithfully,

Mrs Brown

Bebras Computing Challenge: School's Young Programmers Excel

Our school's talented year 10, 11, 12, and 13 students have made an impressive mark in this year's Bebras Computing Challenge, with every participant successfully advancing to the next round next month. The Bebras Challenge, an international computational thinking competition, has once again demonstrated the remarkable problem-solving and logical reasoning skills of our students.

The competition, designed to inspire and challenge students in computational thinking, requires participants to solve engaging, logic-based problems that test their ability to think algorithmically and creatively. Our students rose to the challenge, showcasing their technological aptitude and strategic thinking.

Notably, Kurtis Atwell (Y10) and Josh Rayner (Y12) stood out as the top performers from our school, setting an impressive standard for their peers. Their exceptional performance highlights the strong foundation of digital skills and innovative thinking among our student body.

This achievement is a testament to the school's commitment to fostering digital literacy and computational thinking. By participating in the Bebras Challenge, our students not only compete on a national level but also develop crucial skills that are increasingly important in today's technology-driven world.

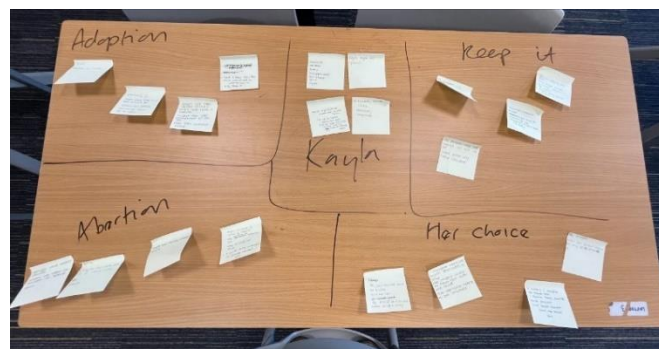
We look forward to seeing how our students will perform in the next round of the competition and continue to celebrate their success in the field of computing.



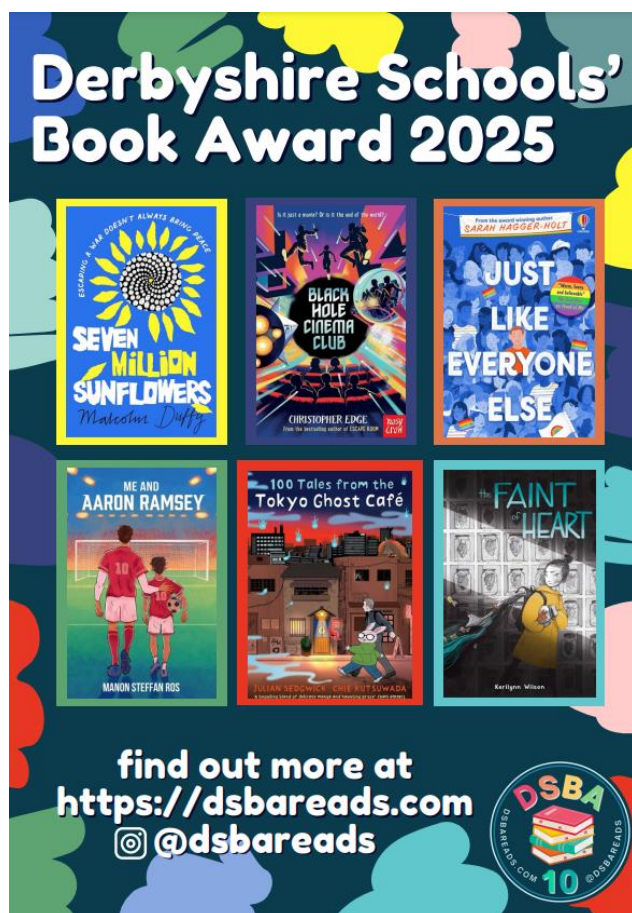
Year 11 PSHE

Our PSHE lessons cover many topics that support our students navigate life as a teenager whilst helping to prepare them for adulthood. All topics are handled in age sensitive ways and give opportunities for students to hear a range of thoughts and opinions.

This week, year 11 have been discussing teenage pregnancy and how people make choices in difficult situations. A big well done to our students for discussing some difficult topics in such a mature way that shows respect to the thoughts and opinions of each other.



Derbyshire Schools Book Award 2025

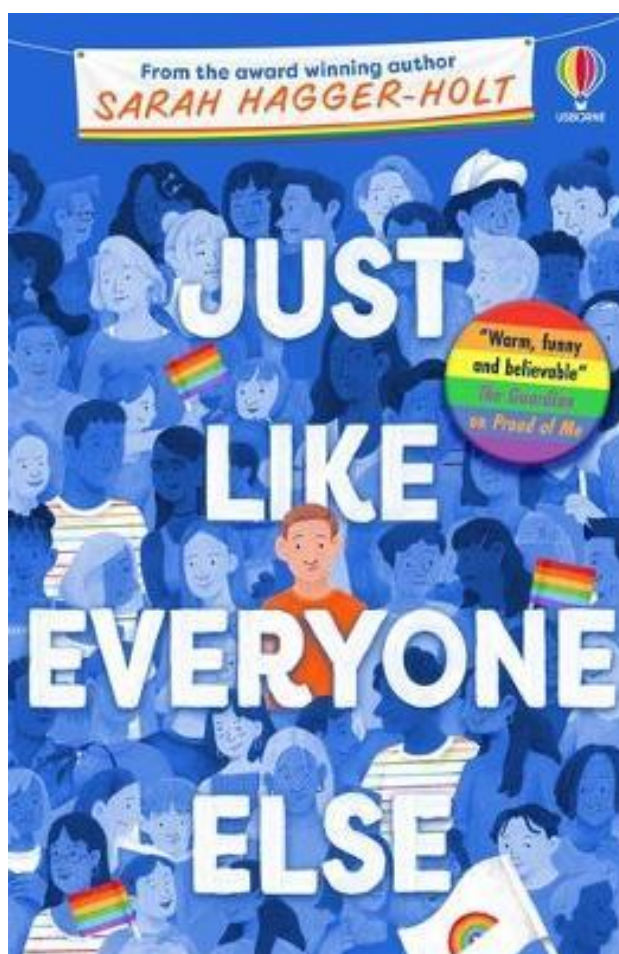


The Derbyshire Schools' Book Award is celebrating its 10-year anniversary this year and DCS is on board to contribute to the success of the event, as it has for the past few years. Some of our students have been attending the final ceremony for longer than our librarian!

The awards promote and encourage a love of reading for pleasure and each year at the finals ceremonies, students from schools all over Derbyshire make a presentation highlighting their favourite books from the shortlist - the front covers of this year's are in the picture above. Our Reading Group students are working very hard this year to present a dramatisation of a scene from *Just Like Everyone Else*, a very engaging novel about a boy's struggle with his identity and sexuality and how he comes to appreciate his loud and wonderful family.

Ideas are flying about costumes, setting and allocation of roles; I'm very proud of their efforts and look forward to filming their production to take to the final in March.

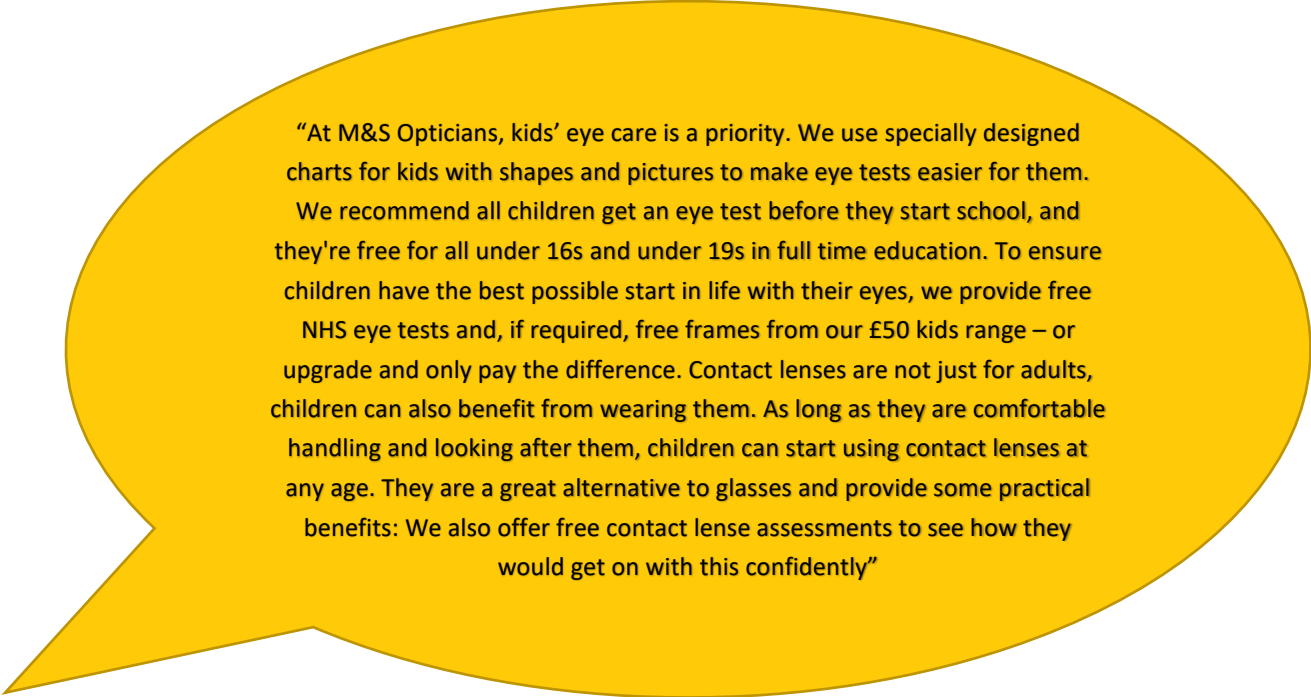
Ms Christie
Learning Resource and Library Manager



Not just any Opticians – Marks and Spencer Opticians!

On Wednesday 26th February 2025, Marks and Spencer Opticians Derby, will be attending DCS with a pop-up shop in order to raise awareness of the importance of eyecare and ensuring students feel comfortable and confident to have an eye test.

They will be providing goodie bags containing valuable information and students will be invited for a free NHS eye test.



“At M&S Opticians, kids’ eye care is a priority. We use specially designed charts for kids with shapes and pictures to make eye tests easier for them. We recommend all children get an eye test before they start school, and they're free for all under 16s and under 19s in full time education. To ensure children have the best possible start in life with their eyes, we provide free NHS eye tests and, if required, free frames from our £50 kids range – or upgrade and only pay the difference. Contact lenses are not just for adults, children can also benefit from wearing them. As long as they are comfortable handling and looking after them, children can start using contact lenses at any age. They are a great alternative to glasses and provide some practical benefits: We also offer free contact lens assessments to see how they would get on with this confidently”

UK Safer Internet Day – 11th February 2025

Tips for Parents and Carers: Keeping you and your loved ones safe online

This Safer Internet Day we are starting a conversation about how to spot, respond to and report all types of scams online. Scams can take many forms and may target anyone, including young people. Use these top tips to keep you and your loved ones safe online.

Enjoy going online together and talk regularly about your family’s online lives

The internet is amazing and can help us all to access information and entertainment. Spend time online with your child to understand how they are using technology and talk together about the good and the bad parts of being online. Talk about your own experiences and find other opportunities to get the conversation started, like stories in the news. Make sure your child knows they can talk to you about anything that they see or experience online.

Take online security measures seriously

The internet can be a tool used by criminals to target their victims, but a few [simple steps](#) can help keep you and your accounts secure. Use [strong and separate passwords](#) for online accounts and [set up two step verification](#) (2SV) where it's available. You may also be able to [set parental controls](#) to prevent unwanted online purchases and limit children's access to harmful content.

Look out for warning signs that someone or something online cannot be trusted

"It just seems too good to be true!" – Other common signs of a scam include contact that you weren't expecting or being asked for money or personal information (think: bank or contact details, passwords, or phone numbers). Scammers use [other tactics](#) to manipulate their victims into paying, like playing with your emotions, or building a sense of urgency so you are rushed into making a decision. If you aren't sure it's reliable, don't risk it.

Remember that anyone can be a victim of a scam

Scammers are good at what they do and will target anyone. We all need to stay vigilant and support those who are most vulnerable including children and the elderly by helping them recognise what to look out for. If anyone in your family has been scammed, talk openly about it. There should be no shame in being victim to a scam and it's never your fault.

Know where to get help if something goes wrong

If you or someone you know has been the victim of a scam online, you're not on your own. Help is available and you are not to blame for what has happened. In England, Wales and Northern Ireland, you can report fraud and cyber crime online to [Action Fraud](#) or by telephoning 0300 123 2040. In Scotland, report to Police Scotland by calling 101. You may also be able to report via social media, if the scam has taken place there or to another relevant organisation, like your bank, if you think your account is at risk.

Remember, if you or anyone else is in immediate danger, call 999 immediately.



Windows, Mirrors and Doors – a way to discuss Spirituality

At DCS, we are discussing the concept of Spirituality with all students. Engaging with this topic is known to be a great support to our mental health and wellbeing. It can help to reduce stress levels and provides a support framework. As a Church of England school, we follow the vision of the Church of England which includes supporting the spiritual development of young people.

To help our students to understand matters of spirituality and to develop their own thoughts we have introduced them to a particular structure: windows, mirrors and doors.

The explanation we have used for each of these is below.

We would love it if you could have a chat with your child about this structure. Maybe together you could think of moments and thoughts you have that would fit into these categories?



Windows are for looking out onto the world and becoming aware of its wonders, both the good (awe-full) and bad (awful).



Mirrors are for:
looking into and reflecting, to see things more clearly,
for thinking and asking important questions learning from our own and each other's thoughts and opinions.



Doors are for looking through in order to make an action in response
This could be:
a change in attitude or behaviour or thinking.
expressed powerfully through music, art, drama or dance
through some form of social action or an act of giving to others.

Bridge the Gap – Free Self Esteem Drop In



FREE SELF-ESTEEM DROP IN
TUESDAY 18TH FEBRUARY
10AM - 12PM

DERBY CARES
Wear a Rainbow

BOOK ONLINE NOW at jwbridgethegap.com

Tuesday 18th February 2025

🕒 Drop in anytime between 10am - 12pm

Boost Self-Esteem and Confidence This Half-Term! 🌈

Join us for a relaxed drop-in session designed to nurture self-esteem and confidence. Enjoy self-esteem colouring activities, mindful crafts, and hot drinks.

As usual, one of our practitioners will be available to provide on-the-day advice and information to support you.

Come alone or bring your child
This drop-in is free, but booking is required so we know how many people are attending.

Book Now!

Bridge the Gap – Half Term Workshop



February Half-term at BTG

Ways to support emotional literacy this February half-term 📌

Adult & Child Coping With Big Emotions Workshop

Does your child find it hard to manage big emotions? 💬❤️

Whether it's anger, sadness, overwhelm, anxiety, or even excitement, navigating these feelings can sometimes feel difficult.

This February half-term, we're running a brilliant workshop for adults and children together, all about how to manage those big emotions whilst exploring calming strategies.

In this workshop you'll create a glitter shaker to take home. Learn how different colours can represent various feelings and how your custom shaker can reflect your unique emotions.

This workshop is great way to strengthen the connection between you and your child over half-term, come away feeling confident in knowing how to manage big emotions safely.





COPING WITH BIG EMOTIONS

Tuesday 18th February 2025
1:30pm - 2:30pm
£15

Book online now
jwbridgethegap.com

Discover what emotions are and explore creative ways to express and talk about feelings with others. Create a glitter shaker and learn a variety of calming strategies.

Make your own glitter shaker!

For children aged 5-11
 Tuesday 18th February 2025
 1:30pm - 2:30pm
£15

Secure your spot on this workshop here:

Book Now!

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.



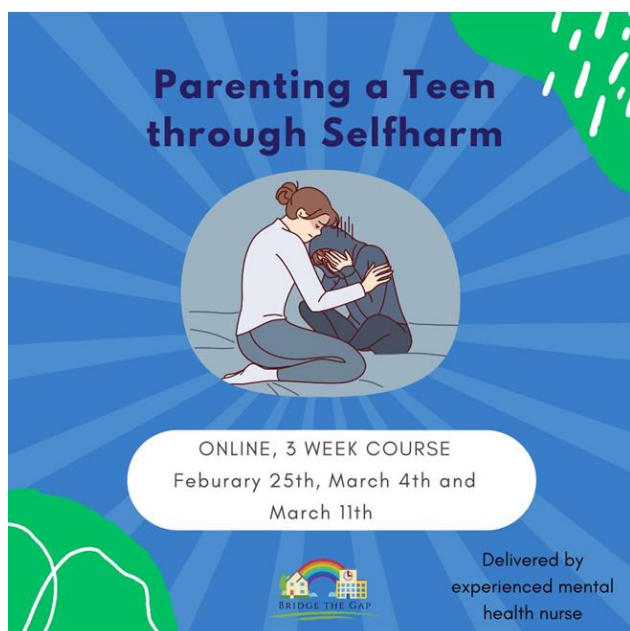
Bridge the Gap – Parenting a Teen through Self-harm



***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>



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

6-12 Years

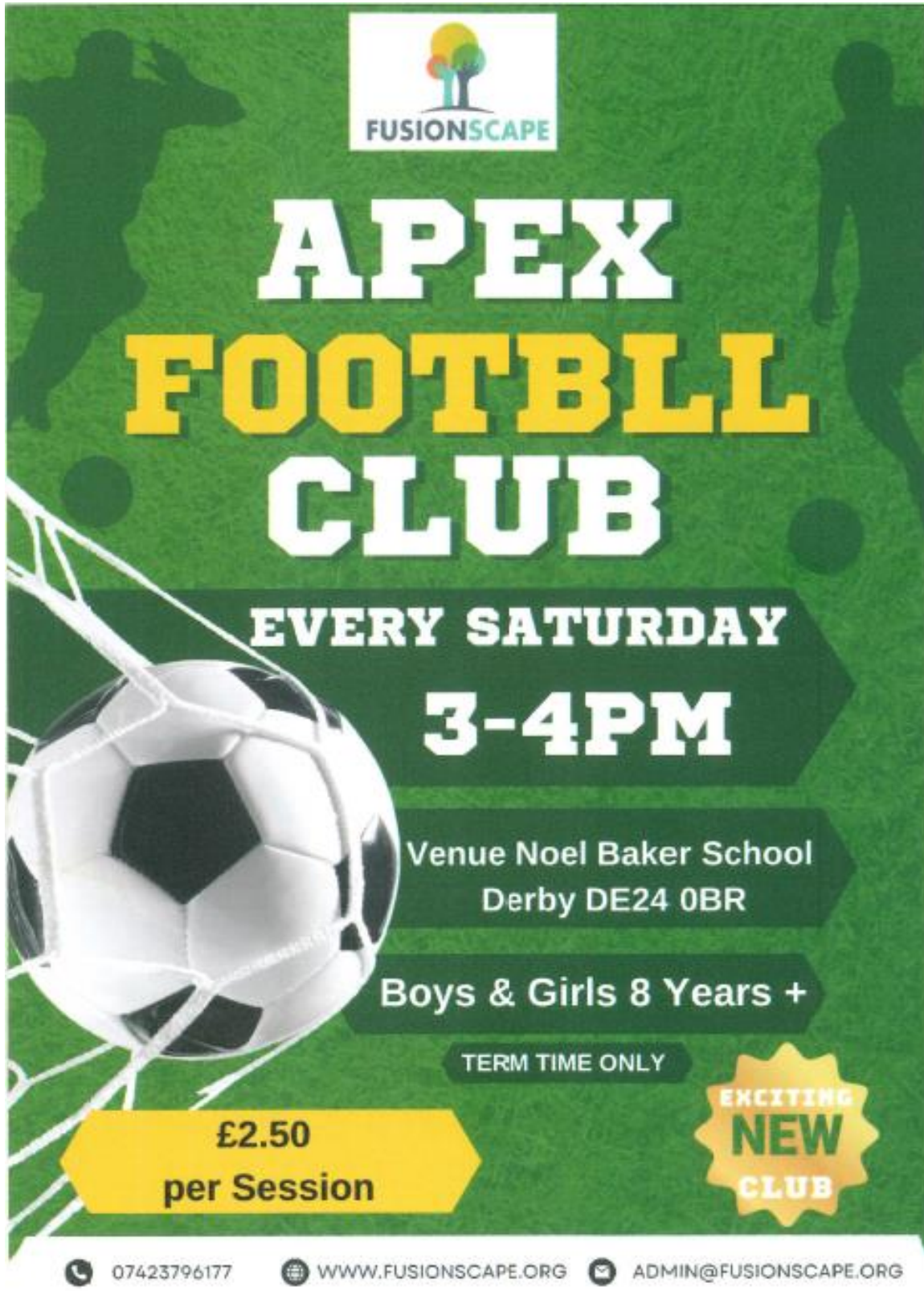
You need:
 • Your own bike & helmet
 • To be able to ride unaided
 • Backpack with snacks & drink


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



**FUSIONSCAPE**

APEX FOOTBALL CLUB

**EVERY SATURDAY
3-4PM**




Venue Noel Baker School
Derby DE24 0BR

Boys & Girls 8 Years +

TERM TIME ONLY

**£2.50
per Session**

**EXCITING
NEW
CLUB**

 07423796177  WWW.FUSIONSCAPE.ORG  ADMIN@FUSIONSCAPE.ORG



GOLDEN PHOENIX BASKETBALL TRIALS



TEAM TIME ONLY

BASKETBALL TRAINING

EXCITING
NEW
CLUB

BOYS & GIRLS 08 YEARS+

FEE:- £3.50 PER SESSION



13:00-15:00 EVERY SATURDAY

Noel Baker School
Derby DE24 0BR



07423796177



WWW.FUSIONSCAPE.ORG



ADMIN@FUSIONSCAPE.ORG



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. 1090526

Reach Trust is a company limited by guarantee registered in England and Wales No. 3071667.

The Reach Centre, Riverside Court Pride Park | Derby | DE24 8HY

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

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.

Breakfast Club – FREE breakfast for all Students

A reminder that our Breakfast Club is open Monday to Friday from 8:15 – 8:35 am

During the above times, all students are entitled to purchase breakfast items totally free of charge from the School Canteen. 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 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



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

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

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

Please Note:

For any students sitting exams on the above dates, they will be required to stay in school until the exam has ended.

Other Key Dates

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

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