

This Week at Derby Cathedral School

wc 3rd June 2024



In **John Chapter 15**, Jesus says this to his followers:

“My command is this: Love each other as I have loved you. Greater love has no one than this: to lay down one’s life for one’s friends. You are my friends if you do what I command... This is my command: Love each other.”

For us at DCS, this is both a reminder of the love showed by those who sacrifice things for us and a challenge to make sure we show love to others

Dear Parents/Carers,

Welcome back to the final half term of the school year! I hope that you all had a relaxing half term break. It’s so lovely to finally have some days where the sun is shining and it feels a bit warmer!

It has been great this year to be able to use our school field at lunchtimes too as this gives a bigger and greener space for our students to enjoy. We’re looking forward to the future work on our biodiversity project where we can increase the diversity of our outside space to ensure that this is always an enjoyable environment for our students. We also know that being outdoors is very good for our own wellness and mental health.

This half term is where we focus a great deal on transitions. Our year 11 students will soon be finishing exams and thinking through their decisions for next academic year. Our taster day for DCS Sixth Form is Friday 21 June.

We also have the new year 7 cohort coming to us for three days in July. These are now common city transition days and we’re really looking forward to seeing them on Tuesday 2 July to Thursday 4 July. During those three days, we will also be inviting the parents/carers of the year 6 students to come into school to get to meet some key staff and go through some of our school routines. Support from home makes such a significant difference to our students and we know that it is a great help to parents/carers when they have met the staff that they will be liaising with in the new school year.

We’re also well on our way with the planning for the final few days of the school year. Our STEM and culture days last year were a great success; they gave our students a rich experience of experiencing the world around them and gave many links and ideas in terms of possible careers. We’re all really looking forward to them again. More details of these will be released nearer to the time but please do get your thinking caps in on in terms of what to wear for culture day!

Our Bible verse of the week links well with the D Day commemorations this week. Many history lessons covered this significant day in history and we gave thought to the people who sacrificed their lives for us.

I wish you all a great week and half term

Mrs Brown

Healthy Eating Week and Competition

Healthy Eating Week 10th 14th June 2024

The 12th annual Healthy Eating Week will take place between the 10th and 14th June 2024.

This year's themes are:

- Get at least 5 A Day
- Stay hydrated
- Move more
- Focus on fibre
- Reduce food waste

To coincide with both Healthy Eating Week and the Euros starting we are running a competition to find the best 5 ingredient recipe that a footballer might want to eat prior to a football match. The winner will receive a £10 love2shop voucher. There will also be a smaller prize for 2nd and 3rd place. We can't wait to see your recipes!



Healthy Eating Week 2024
Give it a Go!
Healthy Eating Week | Nutrition

What's happening this week?

- Get at least 5 A DAY**
Fresh, frozen, dried and canned all count
- Stay hydrated**
Have about 6-8 drinks a day
- Move more**
Be more active every day
- Focus on fibre**
Have wholegrains, fruit, veg and pulses
- Reduce food waste**
Shop, cook and eat wisely

Let us know what you'll be doing for Healthy Eating Week 2024 @NutritionOrgUK #HEW24



COMPETITION TIME

EURO2024

Healthy Eating Week | Nutrition

WHAT WOULD A FOOTBALLER EAT BEFORE A GAME?

FANCY WINNING A £10 LOVE2SHOP VOUCHER? TO CELEBRATE HEALTHY EATING WEEK 2024 & THE EUROS WE ARE RUNNING A COMPETITION TO FIND THE MOST CREATIVE MEAL SUITABLE FOR A FOOTBALLER TO EAT BEFORE A MATCH. BUT THERE'S A CATCH... YOU CAN ONLY USE 5 INGREDIENTS. SEND YOUR RECIPES AND A PHOTO OF YOUR MEAL TO MEDICALOFFICER@DERBYCATHEDRALSCHOOL.ORG.UK WINNER WILL BE NOTIFIED ON 1ST JULY 2024

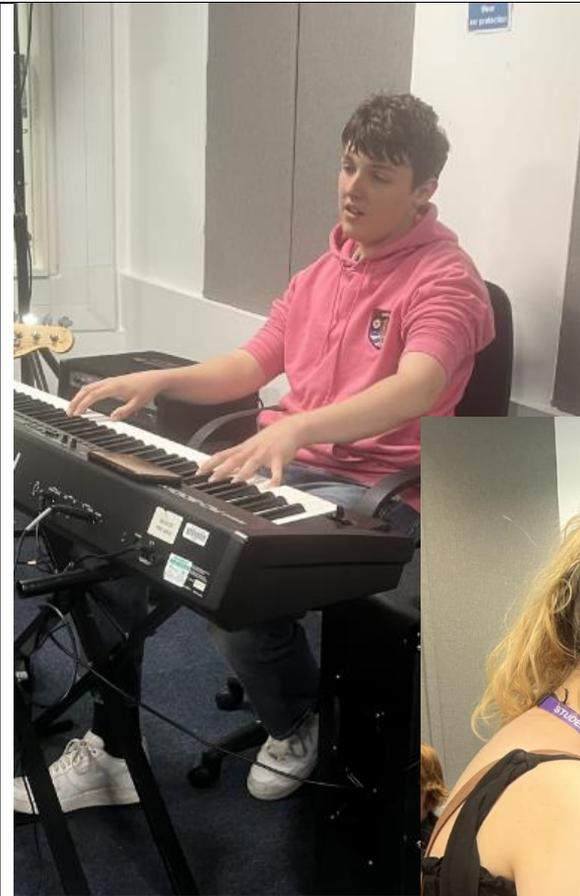
COMPETITION CLOSING
THURSDAY 27TH JUNE 2024

Y12 Sound and Music Showcase

Students began the day with a talk from musicians working in industry and highlighted to students what skills they would need as well as experience and qualifications. Students then were taken on a tour of the of the university; this included a visit to the anechoic chamber, demonstrations in the recording studios/practice rooms and surround - sound studio .

Students were then invited to look at the music facilities at the university and try some of them out! Our students performed an impromptu performance in one of the rehearsal rooms, which attracted quite an audience and made me feel very proud!





Winning Awards

One of our amazing Year 7's, Coral Butler, has won the Youth Award age 5-11 for volunteering at the Derby City Voluntary Sector Awards, organised by Community Action Derby. She was presented her award by Simon Carnall, the Head of Community at Derby County Community Trust.

Congratulations to Coral on this massive achievement, from all at DCS.

Award Winners

Youth Award - Age 5-11

Coral Butler has volunteered from an early age, supporting her peers and standing up for what she believes in. When her best friend was diagnosed with Type-1 diabetes, Coral completed online training (intended for adults) and became a medical buddy for diabetics at her school. She also created a presentation for her headteacher and the school catering team to highlight poor labelling of canteen food and how this can affect students with dietary, medical or nutritional needs. At primary school Coral encouraged the formation of a girls' football team that went on to win the county leagues and cup, and she highlighted Trans Day of Remembrance, resulting in a school assembly themed around LGBT+ allyship. As a year 7 pupil, Coral spearheaded Derby's White Ribbon campaign (ending violence against women and girls). Outside of school, Coral has also supported local sports charities through fundraising walks.





Craft Club Enrichment

Students made papier-mache birds decorated with tissue paper and PVA glue, tried their hand at a variety of marbling techniques using marbles, oil and shaving cream and lastly used ceramic tiles to make some lovely coasters.





ABOUT US

We are a Sport and Education Company
Co-Founded by **current Premier League
Footballer for Sheffield United, Ben Osborn**
and **Ex Nottingham Forest Player,**
Jack Andrews.

SUMMER SPORT HOLIDAY CAMPS

5th - 8th Aug | 12th - 15th Aug | 27th - 30th Aug
Derby Cathedral School,
Great Northern Road, Derby, DE1 1LR.

**Does your child love sports? Come along to our summer camps for
action-packed days of games, sports, and non-stop fun!**

10-3pm | Ages 11-14 yrs | Lunch provided for all
£25pp | **Free** for children receiving benefit related free school meals

HOW TO BOOK?

For more information and to book, visit our **website**
and complete the form at the bottom of the page.

Scan the **QR Code** or visit:
www.efdsportandeducation.co.uk.



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Littleover The Great Big Green Week

LITTLEOVER'S

THE GREAT BIG GREEN WEEK

8 - 16 JUNE 24

SATURDAY 8 JUNE

- 8am - 9am - **Yoga in the Park** - Family Friendly Standing Yoga at Clemson's Park by Liam Firth Yoga
- 10am - 12pm - **Tree Identification Walk** at Clemson's Park by Friends of Littleover Parks
- 10.30am - 12pm - **Sunnydale Park Litter Pick** by GoodGym Derby - Booking Required
- 1pm - 3pm - **Knit 'n' Natter** at Hannah Fields - Booking Required
- 1.30pm - 4pm - **Intro to Bowling** at Rosehill Bowls Club

SUNDAY 9 JUNE

- 2pm - 4pm **Introduction to Geocaching** - a great way of exploring our parks in a different way. Starting at St Andrew's Hub
- 4pm - 5pm - **Outdoor Church** - connect with God whilst surrounded by nature in Clemson's Park, led by The Source

MONDAY 10 JUNE

- 6pm - 8pm - **Intro to Bowling** at Rosehill Bowls Club

TUESDAY 11 JUNE

- 6.30pm - 8pm - **Group Run** - for all abilities starting at King George V Car Park by GoodGym Derby

WEDNESDAY 12 JUNE

- 10am - 1pm - **Knit & Natter** - Learn to knit at Kathleen Rose Tea Rooms
- 2.15pm - 4pm - **Knit & Natter** - Learn to knit or crochet at St Peter's Hub
- 4pm - 5pm - **Artist Reception** - a display of the poster competition entries and awards hosted by St Peter's Church



THURSDAY 13 JUNE

- 10am - 11.30am **Wellbeing & Wildlife Group** at Hannah Fields - Booking Required
- 6.45pm - 9pm **Introduction to Orienteering / MapRun** - starting at King George V Car Park by Derwent Valley Orienteers

FRIDAY 14 JUNE

- **Walking Tennis** - Littleover Valley Tennis Club

SATURDAY 15 JUNE

- 7am - **Dawn Chorus Walk** - Clemson's Park by Derbyshire Ornithological Society
- 10am - 12pm - **Clothes Swishing Event** at St Peter's Church
- 1pm - 4pm - **Seeds and Habitats Event** at Hannah Fields
- 1pm - 3pm - **Knit 'n' Natter** at Hannah Fields - Booking Required
- **Moth Trapping event** by Derbyshire Moths

SUNDAY 16 JUNE

- 10am - 11am - **Litter Pick** at King George V Park by Carlisle Against Crime
- 10am - 4pm - **Dad's Intro to Bowling** - Derby Co-Op Bowls Club - all welcome



For latest information or to find out more:
www.linktr.ee/LittleoverGoesGreen

Littleover Goes Green is a voluntary organisation with no political affiliation

Details subject to change. Final dates, times and further details can be found at www.bit.ly/LittleoverGBGW or @LittleoverGoesGreen social media pages

HUNT THE PLANT

Explore the wonderful planters around Littleover to search for pictures and names of plants.
Pick up an entry form from Co-op between Saturday June 8th until Saturday 15th June. Organised by Littleover in Bloom

CREATE A WINDOW DISPLAY

Decorate your window for the Great Big Green Week. Judging and photos will take place during Monday 10 June. Register your window or display at www.linktr.ee/LittleoverGoesGreen

POSTER COMPETITION

Design a poster with the title "Looking after our World"
Age Categories: Under 7's / 7-11's / Over 11's
Closing Date - Sunday 9 June.

Student Fundraising

One of our Year 11 students Alfie Sarson has been volunteering with Age UK for around 3 years, initially for Duke of Edinburgh, and has realised that the charity does very important work and has enjoyed his time there.

In July, Alfie will be skydiving to raise money and awareness for the charity and its important work.

Please see the link below and donate if you can!

<https://www.gofundme.com/f/skydive-for-ageuk>

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.

Staying Mentally Healthy During Exam Time

As we continue through the main exam time for year 11 and many other year groups are soon to take their end of term assessments, it's worth revising how we can support young people at what can be a very stressful time.

Young Minds have a series of support pages aimed to help with exam stress and anxiety. Their advice is available to help parents and carers and, of course, young people themselves. You can find this helpful advice at the links below:

[Parents](#)

[Young people](#)

These links have also been added to our school website under Information – Exams and Performance.

Equipment Reminder

In order to ensure that each student can start the day ready to learn well it is really important that they have the correct equipment with them.

It's a great support for your child/children to check that they have the following with them every day:

- A school bag
- Their reading book
- Their planner
- A pencil case complete with the following equipment:
 - Pencil
 - Black pens
 - Purple pen
 - Whiteboard pen
 - Ruler
 - Rubber
 - Protractor
- Calculator – this must be a scientific calculator that is available to buy on ParentPay/ClassCharts Reward Shop
- A paper copy of their timetable

Scooter Safety

We have recently been informed of at least five students who have had injuries due to riding an electric scooter. Some of these injuries have been very serious and required ongoing medical attention and significant amount of time off school.

Please be aware that the use of private e-scooters is still illegal. The government information is as follows and can be found here: <https://www.gov.uk/guidance/e-scooter-trials-guidance-for-users>

The [rules for private e-scooters](#) have not changed. It is against the law to use a privately owned e-scooter. If you use an e-scooter illegally:

- you could face a fine
- you could get penalty points on your licence
- the e-scooter could be impounded

This information shows that whilst the government are trialling e-scooters for hire in various cities, these require a driving licence and are not for children.

e-scooters are not allowed to be brought to school as they are illegal. We are also concerned about the number of our students who have received significant injuries from using these.

Please do ensure that your children are not using these for transport at any time.

National Saturday Club

NSC (National Saturday Club) is a free group that runs every Saturday for students ages 13 – 16.

<https://saturday-club.org/subject/society-change/>

Their theme this year is 'Society & Change.' The group is a powerful and positive experience for students and offers some wonderful activities, including a trip to London and workshops with notable artists.

“From climate change and conflict to new technologies and taking action, at the Society & Change Saturday Club you will explore the forces that are shaping the world today and discover how young people have a voice to influence the future. Club members will find out about different cultures and life in other countries, including what it is like to be a young person in other parts of the world, and will also be introduced to a range of jobs and careers from foreign policy and diplomacy to journalistic reporting and international charity work.”

Have a look at the poster and Derby group schedule below, and use the link above to sign up if you are interested!



National Saturday Club Derby Schedule - Society & Change

Week #1 (02/03/24): Introduction at the University of Derby (UoD) Kedlestone Road Derby, DE22 1GB

Week #2 & #3 (09/03/24 & 16/03/24): Derby Theatre

Week #4 (23/03/24): Derwent Family Hub

Week #5 (20/04/24): Becket Family Hub

Week #6 to Week #9 (27/04/24 to 18/05/24): University of Derby (UoD) Kedlestone Road Derby, DE22 1GB
Including week 7 (04/05/24) Masterclass with breakdancing Derby legend Kid Karam!

Week #10 (25/05/24): ArtCore

Week #11 & Week #12 (08/06/24 & 15/06/24): Baby People

Week #13 to Week #15 (22/06/24 to 06/07/24): University of Derby (UoD) Kedlestone Road Derby, DE22 1GB

Week #15 (03/07/24): Pop-up exhibition at the UoD, Kedlestone Road, DE22 1GB

Week #16 (Saturday 13th and Sunday 14th July): SummerHouse Exhibition with trip to London

T: 07769 301 863

E: derbsatclub@derby.ac.uk

Word of the Week

Our “Word of the Week” this week is: **Guarantee**

Please do speak to your child/children about this word. Challenge the to use it in a sentence or explain it’s meaning to you. The information below should help!

Guarantee: Definition: Provide a formal assurance, especially that certain conditions will be fulfilled relating to a product, service or transation.

Etymology: The study of the origin (beginning) of words:

Late 17th Century (in the sense “guarentor”): perhaps from Spanish garente, corresponding to French garant (see warrant), later influenced by French garantie “guaranty”

Guarentee in Spanish: Garantizar

Synonyms of the word “**Guarantee**”

Agreement

Assurance

Insurance

Warrant

Examples in Context:

1. No one can guarantee a profit on stocks and shares.
2. A degree is not a guarantee of a fast-track career
3. The treat provides a guarantee of free trade
4. We off a 10-year guarantee against rusting

Term Dates Consultation

School Term Dates 2025-2027 Consultation:

Derby City Council are consulting on the Term Dates for 2025-2027. If any of our parent/carers would like to respond to the public consultation before it closes at midnight on 22/06/24 please visit [Let's Talk Derby](#)

Dates Ahead

Term Dates

Tuesday 23 July: Break up for Summer holiday (early finish for all students, exact time tbc)

INSET Days – School closed to all students

Friday 28th June

Parents Evenings

Tuesday 25 June: Year 8 Parents' evening (school ends at 2.15pm for all students)

Other Key Dates

Wednesday 8 May: GCSE written exams start

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