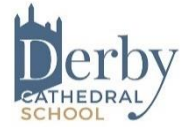


This Week at Derby Cathedral School

w/c 5th May 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,

These words, penned by Paul to encourage the early Christians in Galatia, resonate powerfully with our recent commemorations of VE Day. This week, our school community joined the nation in marking the 80th anniversary of Victory in Europe—a remarkable milestone that celebrates one of history's greatest examples of perseverance rewarded. The generations who lived through World War II embodied the very essence of Paul's message. For nearly six years, people across Britain and beyond faced immense hardship, sacrifice, and uncertainty. Yet they did not grow weary in doing what was right, maintaining hope through darkest times, and ultimately witnessing the harvest of their tenacity on May 8th, 1945.

Our Learning Resource Centre has been magnificently adorned with red, white and blue decorations as students participated in a variety of activities to honour this significant historical moment. The specially recorded Collective Worship featured beautiful singing and narration from our students who led and planned this resource, while the poster-making competition revealed their thoughtful engagement with history. Our quiz tested knowledge of this era, and the well-attended raffle raised valuable funds for Help for Heroes—supporting those who, in more recent times, have demonstrated their own perseverance in service to our country.

Even our movement music between lessons has transported us back to the wartime period with Glenn Miller's iconic "In The Mood" filling our corridors. I encourage you to view the article featuring photographs from these commemorations, which capture the spirit of remembrance and gratitude that permeated our school. A huge thank you to Mr Keens, Mrs Goodhead, Rio Quinn (Yr 12) and all students who contributed to these celebrations.

Just as those who lived through wartime needed tremendous perseverance, our Year 11 students are now also demonstrating tenacity as they commence their GCSE examinations. We're immensely proud of those who sat their first written papers this week in Health & Social Care, Drama and Business—their conduct was exemplary. Our thoughts and prayers go especially to all Year 11 students facing their first English Literature exam on Monday, followed by numerous other subjects before half term. This intensive period will certainly require them not to "become weary in doing good" as they apply themselves to each examination. Please continue to refer to the weekly emails and our website for all essential information regarding examinations.

In the coming weeks, we will be placing particular emphasis on school uniform standards. I kindly ask parents and carers to review the uniform requirements on our website to ensure your child is properly equipped. We understand that finances can sometimes be a barrier to purchasing uniform items, so please reach out if you require assistance—we are here to help. Additionally, we would greatly appreciate donations of outgrown or no longer needed uniform items, particularly from Year 11 students as they complete their examinations.

I wish you all a great week,

Mrs Brown

VE Day Celebrations

This week we celebrated the 80th anniversary of VE Day. The LRC has been festooned with red, white and blue and students have been taking part in a range of different activities to mark the occasion. We had a specially recorded Collective Worship with singing and narration from students, a poster-making competition, a quiz and a packed-out raffle event in aid of the charity Help For Heroes. This week our movement music between lessons has been 'In The Mood' by Glenn Miller which was reminiscent of the wartime era. Take a look at Chloe Moyo's winning entry for the poster competition below, along with some other pictures from the day.



May Class Reader – Mental Health Awareness



Happy Mental health Awareness Week/Month!

Mental Health Awareness Week happens every year, and it's the biggest opportunity for the whole of the UK to come together to focus on getting good mental health. The week aims to tackle stigma and help people understand and prioritise their and others' mental health.

Over May, pupils will be reading extracts from YA books that focus on mental health issues.

Year 7 - Lemonade Sky -> Bipolar Disorder

Year 8 - The Goldfish Boy -> Obsessive-compulsive disorder

Year 9 - Am I Normal Yer? -> Obsessive-compulsive disorder

Year 10 - A Tragic Kind of Wonderful -> Bipolar Disorder

We have several ways for students to access mental health support in school, and we would encourage anyone struggling with their mental health to talk to their Pastoral Year Lead or another trusted member of staff. We are here to help.

FAITH Award

Pupils are continuing to work toward their Bronze, Silver and Gold certificates. There are a number of pupils heading ever toward the golden 3000 classcharts point, but pupils have to use their evidence on Padlet to prove they are contributing to extra-curricular activities in school for Silver and to their local community for Gold.

This is an aspirational award but we know that many of our fantastic pupils are working hard every day and updating their padlets aiming for their Gold certificate.

Congratulations to Franklin Garrett who at the time of writing has the highest points total in the school with an amazing 2922 points!

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.



Word of the Week - Quarrel

Quarrel

Definition: Have a heated argument or disagreement

In Spanish: Disputa

Synonyms (words with a similar meaning): bicker, argue, fight, spat

Antonyms (words with the opposite meaning): Get along, accept, coexist, agree

Sentences:

The siblings often quarrel over the TV remote.

They began to quarrel about who broke the vase.

Don't quarrel with your friends over small things.

We try not to quarrel in front of the kids.

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.

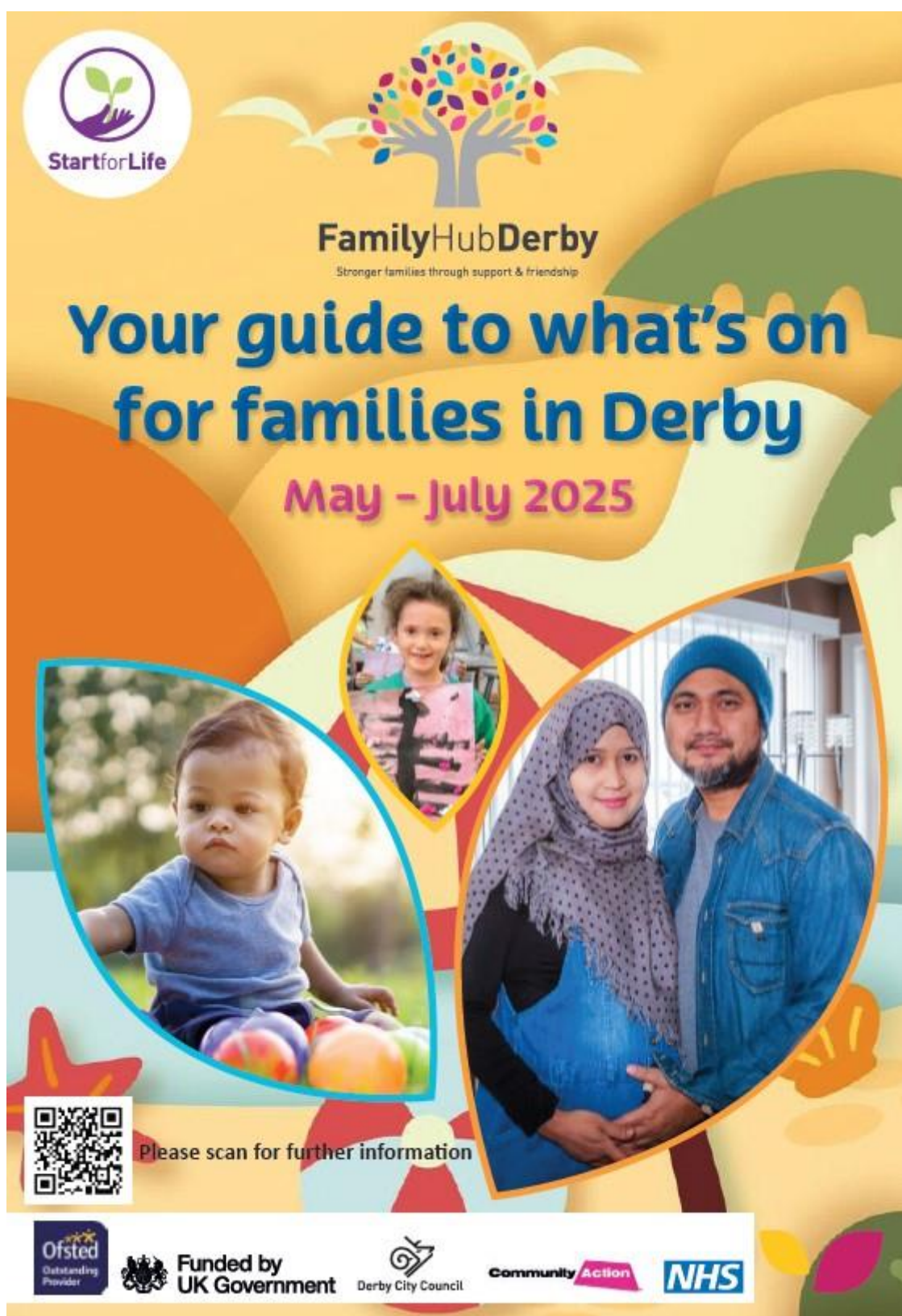
Thank you for your generosity 😊

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.

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.



The poster features a vibrant, abstract background with large, overlapping circles in shades of orange, yellow, and green. At the top left is the 'StartforLife' logo, which consists of a green leaf inside a purple circle with the text 'StartforLife' below it. To the right is a stylized tree with a grey trunk and branches, and leaves in various colors (red, orange, yellow, green, blue, purple). Below the tree is the text 'FamilyHubDerby' in a bold, sans-serif font, with the tagline 'Stronger families through support & friendship' in a smaller font underneath. The main title 'Your guide to what's on for families in Derby' is written in large, bold, blue letters, with 'May - July 2025' in pink letters below it. The lower half of the poster features three circular inset photos: a young child sitting on the grass, a woman holding a baby, and a man and woman standing together. At the bottom left is a QR code with the text 'Please scan for further information' below it. The bottom of the poster features a row of 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

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.

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.

- 1 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.
- 2 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.
- 3 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.
- 4 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.
- 5 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.
- 6 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!
- 7 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.
- 8 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.
- 9 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.
- 10 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 Panatier 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

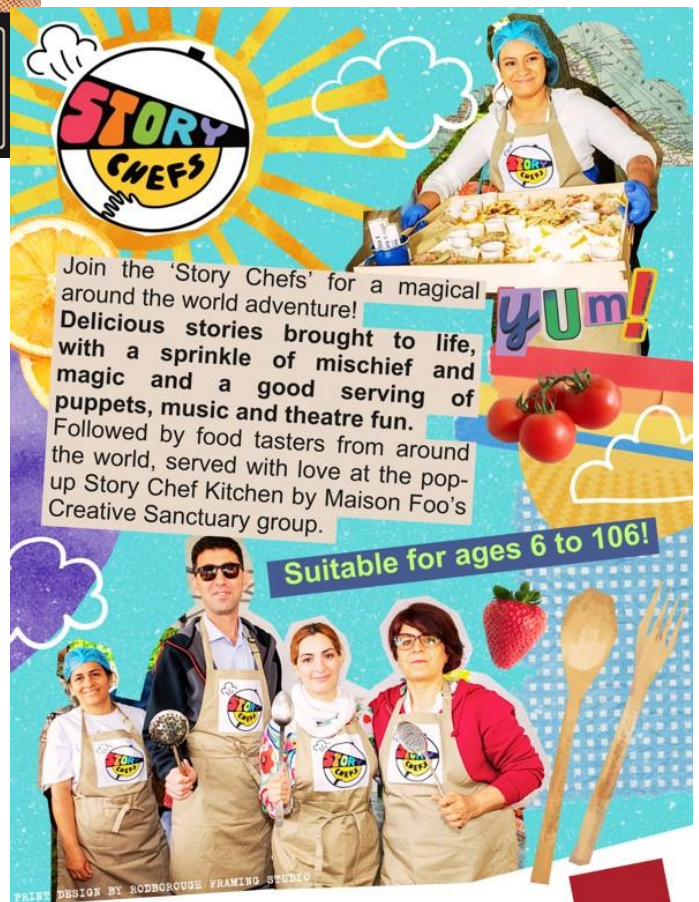
Story Chefs



Story Chefs
Saturday 3rd May
4.30 pm
Normanton
Library



Story Chefs
Sunday 18th May
4.30 pm
Bramblebrook
Community Centre



PRINT DESIGN BY RODBOROUGH FRAMING STUDIOS



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.

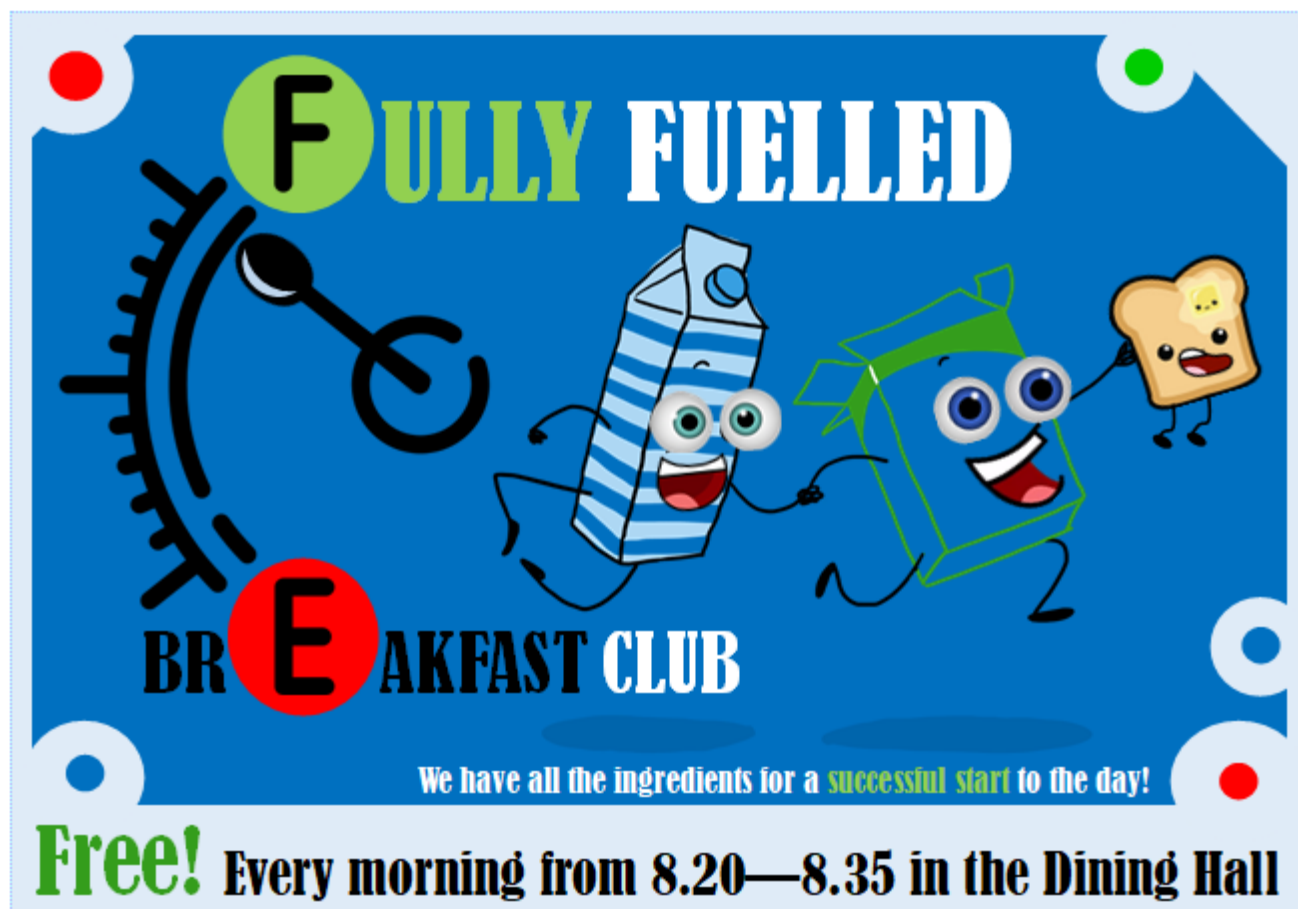
Contact/Meeting Requests

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. 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



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

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

Parents Evenings / Opening Evenings 2024-25

Thursday 12th 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 26th June 2025 – Y11 Prom 2025
- Friday 27th 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/>