

# PERSONAL DEVELOPMENT NEWSLETTER

Spring Term 1 Edition

## Welcome

We hope you enjoyed a well deserved break and the crunchy snow underfoot that the start of 2026 brought us. Often a time for New Year resolutions, our goal is to always keep improving our offering so children can flourish in our care. Here's to a fantastic Spring Term!



2026

## OFTSED Recognition!

We have always enthused about the importance of our tri-partnership between staff, students and yourselves at home. Without everyone collaborating positively, we wouldn't have been able to secure the recognition our school deserved last term after our OFSTED inspection. Thank you for believing in us, and trusting us with your child's education. Full details can be found here:

<https://files.ofsted.gov.uk/v1/file/50291272>

Don't forget to follow UVHS on Facebook!



**V**ictoria  
**A**ttend  
**L**isten  
**U**nderstand  
**E**ngage  
**S**upport

## BRITISH VALUES

Democracy, Rule Of Law, Tolerance, Individual Liberty & Mutual Respect



Did you miss our letter at the end of term? It details the changes to how students will access the site before school as well as where they can go during wet weather and their free time. A copy can be found here:

<https://www.uvhs.uk/attachments/download.asp?file=3723&type=pdf>

- Pastoral Leaders - Welcome Back!
- Y9 Options With Mr Nayler & FESP Job Applications

- House Assemblies - Mr Reader
- UVHS ID Club & Miss Price
- Safer Internet Day
- Y11 Gen2 Careers
- Y10 Work Experience

## Upcoming Assemblies

Safer Internet Day 2026 | Tuesday 10 February

Coordinated by the UK Safer Internet Centre

[saferinternetday.org.uk](http://saferinternetday.org.uk)



# PERSONAL ★ DEVELOPMENT REVIEW ★

Welcome to our first Personal Development review of 2026! It was a busy half term before Christmas, and here are just some of our highlights. As always, check the UVHS website and Facebook page for up to date news items.

## Year 9 Mini-Robot Workshop

On Tuesday 16th December, 50 Year 9 students took part in an exciting, **interactive STEM workshop** organised by Mrs Huddleston. Pupils were introduced to the world of off-shore wind farms and were tasked with designing a route for underwater cables from off-shore turbines to a power station and then onto a city. The teams had to think about possible obstacles and how they'd overcome them, before they then used coding to guide an 'Ozobot' along their route. The students thoroughly enjoyed the experience, they developed their soft skills and learnt more about possible careers in the STEM industry.



## Foodbank Donation

UVHS staff and students have been proud to support Barrow Foodbank for the last 10 years and would like to thank everyone who has contributed to another exceptional whole school donation. 63 overflowing crates were loaded onto a Stoller's van by 9.6c this morning and sent to add Christmas cheer to families in the Furness Peninsula. This is one of our favourite Christmas traditions in school which demonstrates our Victoria Values as we give back to our community who support us so warmly throughout the year.

Together, we donated 754kg of goodies which equated to a truly amazing 1,797 meals worth of food!

## UVHS Dance Show

Over 120 students from the Performing Arts department took part in the UVHS Dance Show in December either as a performer or a member of the house band! This was an incredible evening at The Coro which showcased exceptional talent across a variety of dance styles from Y7 - Y13. Well done to everyone who took part in the show!



## Anne Frank Trust

We are incredibly proud to have Lacey in Y10 as one of the Cumbria Ambassadors for The Anne Frank Trust. Lacey volunteers for the charity, and recently joined a group of students from other schools on a trip to Amsterdam.



## REMEMBRANCE SERVICE

UVHS marked a week of Remembrance with assemblies led by Mr Nayler and a moving morning for invited members of the local community overseen by Mrs Simpson in the History department.

Our students were also proud to represent the school at the Ulverston Remembrance service in town. Pupils wore various uniforms with pride to represent a range of organisations, with many taking active roles in the service as flag bearers, delivering readings, lighting the Remembrance candle and laying wreaths.



## Do You Have A Child In Year 9?

Please join us for our Year 9 Options Evening to be held at 6.00pm on Monday 12th January 2026. There will be a presentation in the hall to start, followed by an 'Options Fair' in the cloister. Year 9 Parents evening is later in the month on Thursday 22nd January 2026, where you can discuss your child's progress with their teacher.

## NETBALL NEWS!



Well done to our U16 Netball team who played fantastically on a cold day in November, winning their first game 15-0! The girls were able to reach the semi-finals, but were unfortunately defeated against a strong Sedbergh side.



## THEATRE TRIP!

In November, 39 of our GCSE and A Level Performing Arts students enjoyed an exciting night away in Manchester watching *Miss Saigon*.





# UVHS RUGBY ALUMNI!

We are proud of all our former students, but wanted to share our congratulations to former pupil, Finn McMillan, who has signed a two-year professional contract with Wigan Warriors RLFC after just over 2 years working and playing hard with Barrow Raiders. We wish him all the very best of luck, alongside Morgan Knowles who has just moved from Saint Helens to Brisbane to join the Dolphins in the NFL. We look forward to following these sporting superstars careers!

Congratulation to our **U13 Girls' Football Team** continued with their County Cup campaign in the Quarter Finals against St Bernard's. It was one of the wettest games to date in a cold December, but both teams played a very competitive game of football with all the girls from both schools in great spirits. Our team finished as **match winners** and have now progressed to the semi finals. Thank you to St Bernard's for travelling to us and playing in the great Cumbrian weather!

Just before we broke up, Rowan and Polly were interviewed in school by the **BBC** as member's of the school scout troop (1st Ulverston.) They were specially invited to go to the "Together At Christmas" concert by none other than the Princess of Wales herself, and got to attend the special event with Princess Kate alongside other celebrities at Westminster Abbey!



**Nominations are now open!**



Thank you to Amanda, Ellis and the Barrow Raiders Team who have been delivering sessions to our Year 8 and 9 girls. All girls have shown some excellent skill and have really got stuck into the sessions!

## The Heart of Ulverston Award Nominations Are Now Open!

Our school is based at the heart of a fantastic community, and you all likely know someone who makes Ulverston a better place. There are 13 different categories for you to be able to nominate a local legend, so why not check out the link below and nominate an unsung stalwart of our town: [www.heartofulverston.co.uk/nominate](http://www.heartofulverston.co.uk/nominate)



## GRAB YOURSELF TICKERS NOW!

Follow the link below to secure tickets for the UVHS Performing Arts department's adaptation and recontextualization of Giles Cooper's dark comedy and thriller, "Uman, Wittering and Zigo." Performances are on the 5<sup>th</sup> and 6<sup>th</sup> of March in our main hall.

### UNMAN, WITTERING AND ZIGO

UVHS Theatre Production 2026

Ulverston Victoria High School performing arts department will be performing an adaptation and recontextualization of Giles Cooper's dark comedy...

[trybooking.com/Mar5](https://www.trybooking.com/Mar5)



It was standing room only at The Coronation Hall as we welcomed back Year 11 and Year 13 students for their **Senior Celebration of Achievement** on the 18<sup>th</sup> December. Pupils collected their GCSE and A Level Certificates, as well as many being awarded special awards and "Colours" for dedication and excellence in PE and Performing Arts. Students in the audience, proud parents and staff were also treated to a rousing speech and magical show from former pupil of the class of 2015; Jack Rhodes. Jack left school to go on to build an exciting career as a comedian, and feature on Britain's Got Talent for his close up magic expertise. A fantastic end to the school year!

**Careers Education:** Employers and providers gave glowing feedback to our Year 11 cohort following their mock interviews in November to prepare them for further education and apprenticeships in the future. Thank you to all the local businesses who gave up their time to come in and support our students!



Rosie in Year 8 and Joseph in Year 11 proudly represented UVHS in the regional final of a **FutureChef Competition** at the end of November after perfecting their dishes with Mr Hall in the DT department and Chef Mark McCabe from Henrock. Congratulations to Joseph who won, and will now be progressing in the competition to represent Cumbria! Good luck chef!



### UVHS Wind Band

in concert with their close friends

### The Band of His Majesty's Royal Marines

Saturday 25th April, 2026 @ 7.30pm



Tickets On Sale  
SOON!



Miss Groves led an exceptional trip to **Salzburg** in December to spend time with our partner school in **Austria**! If you haven't already, please read their diary entries and view the snowy photos on the UVHS Facebook page to inspire your 2026 travel plans!



# 6TH FORM SHOUT OUT

The hottest singing competition of the calendar year concluded on the last week of term with the

## 6th Form Christmas Sing Off!

As judges it was very difficult to decide between the top three with a high standard of both singing and dancing throughout.

It was great to see students getting into the festive spirit, and Mrs Lightfoot has spoken about how proud she was of her form's efforts as their form tutor.

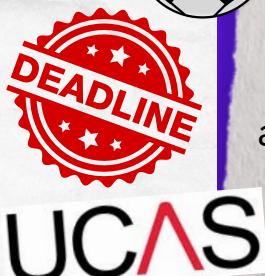
However, there can only be one winner, so **congratulations to 12.7** for winning this year! Well done to 13.5 & 13.7 who with a combined form entry were awarded 2<sup>nd</sup> place, and 12.2 who were 3<sup>rd</sup>.

Want some New Year financial advice? Call into **Furness Building Society** anytime to discuss Young Adult accounts and support.

## FOOTBALL

Well done to our 6th Form Footballers who travelled to Dallam to play in the County Cup competition and came away with a 1-0 win against a strong side!

**UCAS Deadline!**  
The absolute final deadline for UCAS applications is Wednesday **14th January 2026!**



# 6TH FORM SAFETY



Y12 and Y13 have welcomed the local **Fire Service** in to talk to them about **road safety**, and we will also be holding a rolling programme of **self defence** presentations. These will be led by Mr Peake and Zac in Year 13.



## APPRENTICESHIP TALKS



Are you in Y12 and not sure if University is for you? Local employers **BAE and Sellafield** will be in this term to discuss their **Post 18 opportunities** with you in your tutorial slot.

## Y13 HEYSHAM POWER STATION: APPRENTICE OPEN DAY

Heysham Power Station will be hosting an Apprentice Open Day on **Saturday, 17th January 2026**. This event is a great opportunity to learn more about careers in the nuclear industry. Attendees will have the chance to:

- Meet current apprentices and staff
- Learn about the application process
- Discover the benefits of joining our apprenticeship programme

Tickets are available via the Event Brite website.



## MEDIA STUDIES CELEBRATION!

Congratulations to Daisy and Joseph in Y13 who were accepted onto a highly competitive film course with the British Film Institute! There are only 12 places available on this prestigious course, and we cannot wait to see their names on the big screen in the future!



# WHAT ARE WE LEARNING THIS HALF TERM?

Below is a snapshot of the Personal Development topics we will be covering right across the school. These are split into three threads: Living in the wider world, health and wellbeing or relationships (Incorporating statutory RSE content.) **For more information about all aspects of Personal Development at UVHS, follow the link:**

<https://www.uvhs.uk/personal-development>

YEAR	CONTENT
7	<ul style="list-style-type: none"><li>• Puberty and menstrual wellbeing</li><li>• Consent and social media</li></ul>
8	<ul style="list-style-type: none"><li>• Social media</li><li>• Body image in a digital world</li><li>• Puberty and society</li></ul>
9	<ul style="list-style-type: none"><li>• Contraception</li><li>• STIs</li></ul>
10	<ul style="list-style-type: none"><li>• Sex, pressure and risk taking behaviour</li><li>• Pregnancy choices</li><li>• Roles and responsibilities of parents</li></ul>
11	<ul style="list-style-type: none"><li>• Y11 mock exams (January)</li><li>• Forced marriage and honour based violence including FGM</li><li>• Healthy choices and responsibilities</li></ul>
12	<ul style="list-style-type: none"><li>• Managing challenging relationships at work</li><li>• Financial survival skills</li><li>• Environmental issues</li><li>• Goal setting and contingency planning</li><li>• Travel safety</li></ul>
13	<ul style="list-style-type: none"><li>• Y13 mock exams (January)</li><li>• Managing exam stress</li><li>• Healthy eating on a budget</li><li>• Managing mental health when starting a new job</li><li>• Managing relationships when starting university, apprenticeships or work</li></ul>

## Interested In Joining Us?

Working in a High School is exciting, varied and ultimately rewarding! If you're thinking of a career change into education, why not check out our Social Media posts and vacancies page here: <https://www.uvhs.uk/vacancies>