

PERSONAL DEVELOPMENT NEWSLETTER

Autumn Term
1 Edition

Welcome

Welcome to a brand
new school year and
our first Personal
Development
newsletter of 2024-
2025!



Victoria
Attend
Listen
Understand
Engage
Support

You may recall we launched the first phase of the UVHS Personal Development program in January. KS3 pupils in our school now study Personal Development topics during afternoon registration and have enjoyed discussing a variety of topics during the Spring and Summer term. We are now in phase 2, and Year 10 have a timetabled lesson once per week for Personal Development. This reflects the importance we hold in ensuring students have a balanced curriculum which prepares them for life outside of school.

BRITISH VALUES

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

Upcoming Assemblies

- Pastoral leaders welcome back and standards
- School Parliament and Book Buzz with Miss Smith
- European Day Of Languages with Miss Beardsley
- House Captain assemblies
- Black History month and UVHS ID club with Miss Price
- Active citizenship and feeling safe in school survey results

PERSONAL DEVELOPMENT REVIEW

It was an action packed year for our students full of opportunities to further their own personal growth. Not only did this culminate in academic success with exceptional GCSE and A -Level results this summer, we have also welcomed in our new cohort of Year 7's, and a record number of Year 12's to our high performing 6th Form.

SO, WHAT WERE SOME OF OUR HIGHLIGHTS?

We celebrated exceptional athletes from all year groups including: Netball competitions, English Fell Running Championships, North West Swimming Relays, our very own Penelope represented GB in Bali for the Biathlon World Championships, we hosted table tennis competitions, ran in Cross Country Nationals, fundraised with a whole school 5km, had Cricket and Football success, entered a team into the Coniston to Barrow, represented Cumbria in Athletics, held Sports Day and watched our own Jess race 3000m in Peru to become 8th in the world!

The Performing Arts department took theatre trips, hosted dance shows, put on a fantastic production of Alice in Wonderland, our exceptional music department toured across Europe and performed with HM Royal Marines!

We welcomed guest speakers from Prevent to educate against hate, RSE Rabbits delivered inputs on consent, Learn To Earn gave finance advice, we received a Gold Democracy Award from WFC, we hosted a parallel election, celebrated Pride in June, continued working with Leeds Beckett University to fight racism and celebrated with two awards from the Heart Of Ulverston!

We have a wealth of extra curricular opportunities, and students took part in both Bronze and Gold DofE, entered the FutureChef competition, became Language Ambassadors and travelled across Europe, enjoyed tea and talk for Mental Health awareness week and ended the year with an exciting enrichment week; filled with exciting days for everyone!

NEW

Check out our updated extra-curricular clubs list for the autumn term, and join in with the our brand new house competitions!

PARENT INFORMATION

We have lots of information on our website to support students and their families relating to all aspects of Personal Development. Check out some of our further reading pages below:

#WakeUpWednesday Technology Advice:

<https://www.uvhs.uk/wakeupwednesday>

Unsure on the latest advice on vapes, mental health, sexting, staying safe online, knife crime, preventing extremism and more? We have guides from a wide source of bodies including the Children's Commissioner, Cumbria Constabulary, The Internet Watch Foundation and more to help keep children safe and healthy. We aim to update these frequently, and if you have suggestions on topics you would like more information on, we welcome suggestions to enquiries@uvhs.uk:

<https://www.uvhs.uk/keeping-children-safe-and-healthy>

PARENT POLICIES

You can read our RSE & Health Education policy here:

<https://www.uvhs.uk/relationship-education-policy>

READ MORE:

Turn over to see what PD topics Y7-13 are covering this half term!



Our school is taking part in **Save A Life September** this term!



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 below:**

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

YEAR	CONTENT
7	<ul style="list-style-type: none"> • Transition to secondary school • Careers and aspirations
8	<ul style="list-style-type: none"> • Personal strengths for employment • Basic life support
9	<ul style="list-style-type: none"> • The journey to your career • Different types of relationships
10	<ul style="list-style-type: none"> • Recognising skills for success in the workplace • CV writing
11	<ul style="list-style-type: none"> • Guest speaker on misogyny and misandry
12	<ul style="list-style-type: none"> • Understanding politics • The law and you • De-escalating situations
13	<ul style="list-style-type: none"> • Keeping physically healthy whilst studying • Managing challenging relationships at work • Preparing to drive safely • Managing emergency situations • Setting priorities after 6th form • Customer service and consumer rights