

PERSONAL DEVELOPMENT NEWSLETTER

Spring Term 1
Edition

Welcome

Happy New Year!
We hope you enjoyed
the festive break!

2025

Don't forget to
follow UVHS
on Facebook!

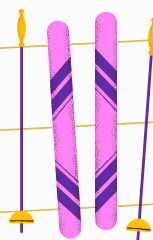


Victoria
Attend
Listen
Understand
Engage
Support



Welcome back to longer days
with snowdrops and daffodils
starting to push through the
snow which covered the
school for the first week back.

We have started the year off at
full speed with Mr Barton
leading the Y10 skiing trip to
Italy; and we have lots of
exciting opportunities for all
students to get involved with
this year.



BRITISH VALUES

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

Upcoming Assemblies

- Pastoral leaders welcome back
- Y9 Options assemblies
- House assemblies
- The UVHS ID Club
- Careers talks from Sports Tech, Siemens, Inspiring Futures and Building My Skills
- Safer Internet Day



PERSONAL DEVELOPMENT REVIEW

It has been a very busy half term for Personal Development. Here is a quick summary of some of our autumn term 2 highlights, and plans for the rest of the term.

Charity Champions & School Spirit!

Thank you to everyone who took part in our annual donation to the local **Food Banks** in the Furness Peninsula!

We sent a hamper from every form group bursting with goodies to feed a family for three days over Christmas.



We also raised a fantastic **£503.30** for **Save The Children** for **Christmas Jumper Day!** It was great to see so many staff and students in their festive finery!



14 students from Y7-10 attended The Forum to take part in **Young People's Question Time** to coincide with **UK School Parliament Week**. Schools from across Cumbria were invited, and our very own Ava was one of only seven students asked to quiz the panel. Pupils also got time to spend looking at **The Manchester Bee**, made from weapons which were secured by the Greater Manchester Police, as part of the "Forever Amnesty" project.



Good luck to all the Y9 and Y10 students who are taking part in the **UKMT Maths Challenge** this month!



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