

# PERSONAL DEVELOPMENT NEWSLETTER

Autumn Term  
2 Edition

## Welcome

We hope you all  
enjoyed the October  
half term break!



Don't forget to  
follow UVHS  
on Facebook!



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

Even though we are heading towards winter when the darker nights can feel longer and the frost on a morning adds an extra chilly spring in our step, we have lots of exciting plans this half term for our school community to join in with. Watch out for more updates on:

- Bronze DofE
- Visiting Aberystwyth University
- Black History Month
- STEM activities
- Y11 Work Ready Day
- Young People's Question Time
- "Movember" Men's Mental Health

## BRITISH VALUES

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

Upcoming  
Assemblies

- Remembrance
- Feeling Safe In School & Active Citizenship
- Barnardo's Mental Health Team (Y11)
- School Parliament Week
- Anti-Bullying Week
- Save The Children - Christmas Jumper Day



# PERSONAL DEVELOPMENT REVIEW

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



Well done to the 6th Form Mental Health Ambassadors who organised a brilliant day raising money for **Young Minds** by celebrating and saying "Hello Yellow!" There were lots of different fundraising stalls and a wear it yellow photobooth! Thank you to all the staff and students who helped arrange the event, as well as M&S, Booths, Aldi, Starbucks, The Co-op, Smyths Toys, The Entertainer, Chippy Bank, Mr Simms and Mount Barrow Road Petrol Station who all donated prizes!



As always, every form in school will be making up a hamper as part of our annual donation to the local **Food Banks** on the Furness Peninsula. Look out for the item your child has signed up to donate, and get into the festive spirit on **Christmas Jumper Day** on Friday 13th December!



Students from Year 8 - 11 joined a live webinar from the **Anne Frank** trust as part of our Black History Month Celebrations. Please see Miss Price for more information about joining the UVHS ID Club!



The **UVHS Christmas Fayre** will be on Thursday 12th December from 4:30pm to 6:30pm! Join us for festive food, frolics and fun! If you would like a stall, please see the school homepage on the UVHS website.



Have you seen our **baubles** on the Christmas tree in town? They are were designed by the Y10 House Captains to represent our 6 houses, and made by Miss Dixon, Miss Bentham and Mr Johnson.

# 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>Forming positive relationships</li> <li>Diversity, discrimination, tolerance and kindness</li> </ul>
8	<ul style="list-style-type: none"> <li>Heathy behaviours in relationships</li> <li>Gender and stereotypes</li> </ul>
9	<ul style="list-style-type: none"> <li>Consent</li> <li>Sex and the law</li> <li>Understanding and challenging gender stereotypes and misogyny</li> </ul>
10	<ul style="list-style-type: none"> <li>Relationships and equality</li> <li>Sexual orientation and stereotypes</li> <li>Understanding sexual harassment and violence</li> </ul>
11	<ul style="list-style-type: none"> <li>Work ready day and mock interviews</li> <li>Guest speaker coming soon - (postponed)</li> </ul>
12	<ul style="list-style-type: none"> <li>Young adult illnesses</li> <li>Monitoring my health</li> <li>My career ambitions</li> <li>Workplace legislation</li> <li>Work or study? Next steps</li> <li>Gambling awareness</li> </ul>
13	<ul style="list-style-type: none"> <li>Staying motivated</li> <li>Monitoring my health</li> <li>Are human rights balanced in society?</li> <li>Differences in societal values</li> <li>Preparing to live independently</li> <li>Budgeting</li> </ul>