

# PERSONAL DEVELOPMENT NEWSLETTER

Autumn Term  
1 Edition

## Welcome

It's an exciting time of the year when fresh faces in Y7 and Y12 are welcomed alongside our returning students after a well deserved summer break. It's the start of a new chapter for everyone in their UVHS journey, and we have lots to look forward to.

Don't forget to follow UVHS on Facebook!



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

Hello from the first Personal Development newsletter of the 2025-2026 academic year! For those of you who are new to the UVHS community, we write to you at the start of every half term to give you updates on all aspects of Personal Development including: PSHE, statutory RSE (Relationship and sex education,) Citizenship, SMSC (Spiritual, moral, social and culture,) British Values, extra curricular opportunities and careers.

## BRITISH VALUES

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

We always strive to look for improved ways to support our students. If you haven't done so already, please read our most recent letter on the changes we are making this year. A copy can be found here: <https://www.uvhs.uk/attachments/download.asp?file=3588&type=pdf>

## Upcoming Assemblies

- Pastoral Leaders - Welcome Back!
- School Parliament & Book Buzz!
- European Day Of Languages with Miss Beardsley
- House Assemblies with Mr Reader
- Black History Month with Miss Price & UVHS ID Club
- Homework and teaching and learning at UVHS
- Halloween & Firework Safety (Community safety)

Welcome!



# PERSONAL DEVELOPMENT REVIEW

Summer Term 2 is our chance to celebrate the end of the GCSE and A Level examination window with the Prom and Leavers Formal, and say goodbye to our oldest students as they prepare for life after UVHS. For those lower down the school, we fill enrichment week with trips, the Sponsored Walk and lots of exciting activities. Here are just some of our highlights from the last half term, with plenty more on the UVHS Facebook page!

## Examination Excellence!

The Covid-19 Pandemic may seem like a distant memory, but for our pupils who have just finished Y11, it impacted the end of their Primary education and their first two years with us. As a year group they were resilient, they were tenacious and they wanted to do well. We couldn't be prouder of the young adults they have become, and their impressive GCSE results this summer.

## Astonishing A Levels!

We are very fortunate to not only support students to flourish who have been members of the UVHS family since Y7, but also those who join our outstanding 6<sup>th</sup> Form from other Secondary schools. The results for Y13 this year were testament to their hard work, and nearly all have been accepted into their first-choice University or to higher level apprenticeships with businesses such as BAE.

## Congratulations to the GCSE & A Level classes of 2025!

## Around The World With UVHS!

This summer students from Year 7 right up to Year 13 got to take up opportunities locally and much further afield, representing the school on a global stage! Year 10 explored Barcelona, 84 members of the UVHS Wind Band toured Italy, and Year 8 and 9 demonstrated their language skills in the Rhineland! Photos of all the exciting sights can be viewed on the UVHS Social Media channels!



## Enrichment Week

Our students work incredibly hard, and the final week of the school year was our opportunity to have fun! Here's a quick summary of what we got up to: **Year 7** undertook an Environmental Award at Ford Park and enjoyed a trip to Blackpool. **Year 8** also had a great trip to Blackpool, as well as taking part in stage combat, circus skills and self defence lessons. **Year 9** went to Chester Zoo, and held VE Day celebrations learning to Lindy Hop, cook with rations make celebration bunting and art work, code break and complete marching drills with cadets! **Year 10** went to Blue Planet Aquarium and Cheshire Oaks, as well spending day with BAE STEM Ambassadors and MADE Training for careers and aspirations!

## Guinness World Record Success!

It's official! Our team of KS3 students smashed the Guinness World Record for the largest cooking lesson along with 10,515 other cooks across 6 continents in 42 countries in July! Our 18 chefs made fresh pasta and tomato sauce live alongside Jamie Oliver over Zoom, and enjoyed a delizioso lunch!

**Buon Appetito!**





Congratulations to our Y9 Blue Hub Firefighters who worked hard all week in the Summer term, passing their junior firefighting course with flying colours! Thank you to all the team at Ulverston station for training our students.



# STAYING SAFE!



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



## TRAUMA INFORMED UK SCHOOLS **STAFF INSET**

We are proud to announce that our staff completed training in September from TISUK to support children and teenagers who suffer with trauma or mental health problems and whose troubled behaviour acts as a barrier to learning.



## Future Engineers Of Tomorrow!

Ellie LaCrosse and her team from Forth Engineering inspired us all at the start of Summer about careers in Engineering, and what they manufacture locally to us here at UVHS. They also set any willing students a challenge to build a model General Motors V8 engine that they kindly donated, and Year 9 certainly rose to the occasion! 16 pupils split themselves into two teams to make the model, and we proudly have it on display in the DT department!

We were delighted to welcome Ulverston Mayor Councillor Shirley-Anne Wilson, and the team organising Ulverston's Pride Festival into school in July. A very talented member of Y11 designed the winning flag, and the UVHS ID Club were there with Diversity & Inclusion Lead Miss Price to celebrate Pride in our community.



# 6TH FORM SHOUT OUT



## Gold Duke of Edinburgh

Thank you to Mr Gannon and the Gold DofE team who supervised three Y12 groups as they trekked through the Cairngorms through the best and worst of the July weather, passing their assessment with flying colours!



## DESTINATIONS!

There were 162 members of Y13 this year who are now exploring life after UVHS. Popular destinations include BAE, as well as Newcastle, Northumbria, Lancaster & Liverpool University!

### Welcome!

We have nearly 200 Y12's starting at UVHS this term! Our biggest KS5 cohort yet!

## Work Experience

- The final week of summer term saw Year 12 head out to work experience placements at a huge variety of employers, including BAE, the NHS, solicitors, architects, vets, climbing walls and even pet shops.
- All were given a valuable insight into the world of work. Max, who helped out at Little Beasties pet shop, said: "It's been a really useful experience. I've helped customers, fed animals and generally helped out all week. I've got two snakes at home myself but they are small compared to some of the reptiles that they have here."

## JULIA WOOD HISTORY ESSAY COMPETITION

Congratulations to Will who entered the 2025 Julia Wood History Essay Competition run by St Hugh's College, Oxford. Will was awarded a commendation for his essay and invited to afternoon tea at St Hugh's College in recognition of his achievement!

## HAVE YOU JOINED US THIS YEAR?

Check out the online 6<sup>th</sup> form student guide here:

<https://www.uvhs.uk/attachments/download.asp?file=3538&type=pdf>



# SPORTS DAY HIGHLIGHTS

Congratulations to **ULLSWATER** who were the winning house for the Sports Day trophy this year!



Everyone who competes in Sports Day should be proud of themselves, but a special recognition is made annually to the **Victor and Victrix Ludorum** for each year group.

## Year 7:

Victor = Felix, representing **Ullswater**

Victrix = Rosie, representing **Thirlmere**

## Year 8:

Victor = Noah, representing **Grasmere**

Victrix = Katie, representing **Thirlmere**

## Year 9:

Victor = Torvin, representing **Ullswater**

Victrix = Oona, representing **Ullswater**

## Year 10:

Victor = Harrison, representing **Grasmere**

Victrix = Olivia, representing **Rydal**

Thank you to Mr Pierce and the PE department for organising another outstanding Sports Day, especially as the typical Cumbrian weather meant it had to be postponed! After heats in PE lessons and field events in the morning, the atmosphere as the whole school watched on for the final track races was electric as both staff and students cheered on the competitors representing each house.

Did you know the 6th Form also host their own traditional Sports Day featuring classics such as tug of war and egg and spoon races! Well done to **WINDERMERE** house who won this year!



# SPONSORED WALK 2025!



Every July all staff and students pull on their hiking boots, pack their lunches into rucksacks and head out across Birkrigg and the coast road to fundraise for local worthwhile causes on our 10 mile sponsored walk. Always ones to show resilience and commitment to our local community, the heavy rain did not stop our school heading out, enjoying ice creams in the rain and raising an incredible £4032 for Furness General Hospital. Thank you to Mr Barton for organising another memorable walk!

## GIVE IT A GO!

There are countless benefits to taking part in extra curricular opportunities such as making new friends, teamwork, time management, leadership skills, improving mental and physical health, having an outlet for stress and more! We have lots to get involved with, and encourage all pupils to look at the student bulletin, their form noticeboard and Teams to help take advantage of everything we can offer outside the classroom.





Personal Development  
UVHS - Victoria Values

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

## Dates For Your Diary:

**Y5/6 Open Evening:** 25<sup>th</sup>

September 2025

**October Half Term:** 27<sup>th</sup> - 31<sup>st</sup>

October 2025

**Autumn Term Finishes:**

19<sup>th</sup> December 2025

## Curriculum Content Changes

Last term the DFE (Department For Education) released an updated curriculum for statutory relationships and sex education. Schools have until September 2026 to have this in place, and as this is one third of our Personal Development offering, we will be implementing changes from this term onward. You can find the full DFE framework here:

[https://assets.publishing.service.gov.uk/media/68b8499e11b4ded2da19fd92/Relationships\\_education\\_relationships\\_and\\_sex\\_education\\_and\\_health\\_education\\_-\\_statutory\\_guidance.pdf](https://assets.publishing.service.gov.uk/media/68b8499e11b4ded2da19fd92/Relationships_education_relationships_and_sex_education_and_health_education_-_statutory_guidance.pdf)