

# PERSONAL DEVELOPMENT NEWSLETTER

Spring Term 2  
Edition

## Welcome

Blink, and you would have missed Spring Term 1 here at UVHS! Y11 and 13 worked hard to prepare for their mock assessments, our sporting teams were triumphant and trips locally and internationally were enjoyed by many!

Don't forget to follow UVHS on Facebook!



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

## House System Points Update

Did you know every student in our school from Y7-13 is a member of a house and contributes to the achievement points of their team? Here is an update on who has what points so far this year!

**Grasmere** = 32,675 points!

**Rydal** = 29,496 points!

**Thirlmere** = 28,531 points!

**Ullswater** = 24,349 points!

**Windermere** = 24,834 points!

**Coniston** = 26,981 points!



## BRITISH VALUES

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

## Upcoming Assemblies

- Furness College are in to talk to Y9 and Y11
- The UVHS ID Club are discussing inclusivity for International Women's Day!
- Kimberly Clark are hosting a role model session with Y8
- The Police are delivering sessions to Lower School on social media and online safety



# PERSONAL DEVELOPMENT REVIEW

It has been a very busy half term for Personal Development. Here is a quick summary of some of our spring term 1 highlights, and plans for the rest of the term.



Congratulations to Heather who won both the County and North West regional finals of the **Future Chef 2025** competition! Heather will now be competing in London this term!



Staff enjoyed taking part in **World Book Day** on the 6th March!



## Year 11 & 13 Revision!

Have you seen our subject specific revision guide for Year 11 on the school website? It is packed with helpful top tips from our staff:

<https://www.uvhs.uk/site/data/files/exams/revision%20information/37437841CF567195B4360EABEC0320A3.pdf>

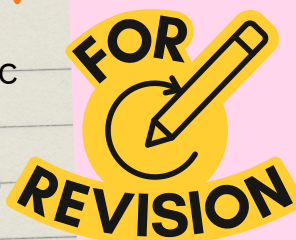
We also have a dedicated section on the school website just for revision help and strategies. Take a look today!



### Revision Information

In this section you will find information to help with your revision and tips on how to cope with the exams.

Ulverston Victoria High School



Click the links to take you straight to the pages!

We hope Y10 enjoy **Work Experience**, and are very grateful to the local businesses who let our students join them!



## School Production!

Tickets are on sale now from The Coro for the school production of "The Boy Friend!"



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>• Smoking</li><li>• Vaping</li><li>• Bullying &amp; Cyberbullying</li></ul>
8	<ul style="list-style-type: none"><li>• Alcohol</li><li>• Drugs</li></ul>
9	<ul style="list-style-type: none"><li>• Sexual Exploitation</li><li>• Youth Produced Sexual Imagery (Including “Sexting”)</li><li>• Puberty, Fertility &amp; Body Image</li></ul>
10	<ul style="list-style-type: none"><li>• Online Presence</li><li>• Gambling &amp; Managing Impulsive Behaviours</li></ul>
11	<ul style="list-style-type: none"><li>• Revision Techniques</li><li>• Consent &amp; Grooming</li><li>• Intimate Image Abuse &amp; Deep Fakes</li></ul>
12	<ul style="list-style-type: none"><li>• Alcohol Misuse</li><li>• Respectful &amp; Assertive Communication In Relationships</li><li>• Marketing Yourself</li></ul>
13	<ul style="list-style-type: none"><li>• Alcohol Misuse</li><li>• Menopause &amp; Women’s Health</li><li>• Managing Strong Emotions In Relationships</li><li>• Online Dating</li><li>• Personal Safety In Relationships</li><li>• What Is Extremist Behaviour?</li></ul>