

PERSONAL DEVELOPMENT NEWSLETTER

Autumn Term
2 Edition

Welcome

Even though we are moving towards the coldest part of the year, our school will be aglow with warmth as we celebrate with senior prize giving, Christmas Jumper Day, our annual Foodbank donation, the UVHS dance show and winter fair. It really is the most wonderful time of the year!

Don't forget to follow UVHS on Facebook!



Victoria
Attend
Listen
Understand
Engage
Support

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, but it is all to play for as we enter Autumn Term 2!

Windermere = 8,272 points!

Ullswater = 8,553 points!

Rydal = 9,914 points!

Thirlmere = 10,337 points!

Coniston = 10,446 points!

Grasmere = 11,319 points!



BRITISH VALUES

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



Upcoming Assemblies

- Pastoral Leaders - Welcome Back!
- Year 9 Careers: FESP Building my skills session 1
- Year 11: UVHS 6th Form & Exam Regulations
- Remembrance
- Movember
- Feeling Safe In School
- Anti Bullying Week 2025: Power For Good!



MOVEMBER®

ANTI-BULLYING ALLIANCE

PERSONAL DEVELOPMENT REVIEW

As always, we had an action packed first 7 weeks of the new academic year. Here are just some of our highlights from the last half term, and you can find lots more on the UVHS website and Facebook page.

UVHS ID proudly welcomed the **Anne Frank Trust** into school for two powerful training days, during which 30 students explored themes of prejudice, discrimination, and inequality through the lens of Anne Frank's life. The programme, titled **"Voices for Equality,"** aims to empower young people aged 9 to 15 to recognise and challenge all forms of prejudice. The sessions were an outstanding success. Every student represented the school brilliantly, engaging thoughtfully in inspiring and meaningful discussions. Participants can now apply to become Anne Frank Ambassadors, giving them the remarkable opportunity to visit the attic where Anne Frank and her family hid — a once-in-a-lifetime experience that deepens their understanding and commitment to equality and remembrance.



BAE STEM Roadshow

Thank you to Mr Mach for organising the BAE STEM Roadshow for Y7 and Y8. This year was all about Artificial Intelligence, and the impact it can have on our lives as well as the globe!

BAE SYSTEMS

Rugby Success!

Our Year 10 Rugby Team narrowly won their semi-final match just before half term against St. Bernard's to progress through to the Furness region finals. Mr Pearson said it was an excellent match with both teams battling hard. Well done boys and good luck in the final!



UVHS Equestrian Success!

Last month was the Horse Of The Year Show at the NEC Birmingham, and we are so proud of Esme in Year 8, Peggie in Year 9 and Indianna in Year 13 for their outstanding achievements with their horses.



Well done to our **Year 7** girls who played in the **Furness Schools' Football Festival** held on home turf here at UVHS. There were some fantastic performances by all the schools competing, and the future of Furness girls' football is looking very bright indeed!



Congratulations to all our students who competed for **Furness Fell Runners** in the **BOFRA Fell Running Championships** in October!



Future Chef Competition!

Congratulations to our winners **Rosie** and **Joseph** who demonstrated excellence in the kitchen and progress to the next round of the Future Chef Competition. Students and Mr Hall were joined by guest chef and TV regular, Mark McCabe, Head Chef of nearby Henrock, who had the difficult job of sampling 10 outstanding dishes, including seared lamb with veal jus and dauphinoise potatoes, salmon fish cakes with devilled eggs, edible flowers and herbs, Beef Wellington and freshly made herby tortellini.

Careers Advice & Support

Last month our Year 11 students visited the Inspira Jobs and Skills Fair where there were over 40 exhibitors offering a wide range of opportunities. We will also be hosting our Year 11 Work Ready day and careers fair in school on the 18th November.

NETBALL NEWS!



Well done to our U16 Netball Team who have progressed through to the County Finals! Good luck girls!



Well done to our group of Year 11 students who recently completed the **ASPEN** programme run by **MADE Training**. They had 5 sessions focussing on Aims, Strategies, Planning, Essay Writing and Note Taking, encouraging them to adopt a range of effective study techniques and enabling them to learn independently - all great skills for success!

SPORTS STUDIES!



Thank you to Low Bank Ground's instructors who helped Miss McKenny's Year 11 Sports Studies class complete their 'outdoor experience' unit around Coniston, kayaking on the water and rock-climbing/abseiling at Brown Howe!



Make sure you join us as UlverStem returns to UVHS!

This is a free educational event aimed at families with interactive STEM demonstrations and activities for young people aged 6-16.

It's a great opportunity for young people and their families to find out what is on offer in Furness, in terms of continuing education and future careers!

Date: Saturday 15th November 2025

Time: 9:30am - 4:00pm

Location: Ulverston Victoria High School, Springfield Road, Ulverston, LA12 0EB

Tickets NOT REQUIRED, please just turn up on the day!



Crumble Club 2025!

30 pupils from Y7-13 celebrated the bumper harvest of fruit we had this year by joining Mrs Ford and Miss Smith in the Food rooms to make batches of delicious crumble!

This was our **10th year** celebrating crumble club, and we are very grateful to the staff and UVHS parents who donated a variety of fruit for the event, as well as for the Year 5 & 6 Open Evening!



6TH FORM SHOUT OUT



Make sure you keep checking the noticeboard in the common room for upcoming Friday fundraisers!



**Forgot your lanyard?
Get a spare for the day from the 6th Form Office!**

Our GCSE and A Level theatre studies students had a wonderful day in **Shakespeare's Stratford-upon-Avon**, where they thoroughly enjoyed attending the RSC's critically acclaimed production of **"Measure for Measure,"** directed by Emily Burns.

Lancaster University

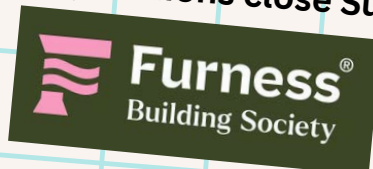


THINKING ABOUT LANCASTER?

Visit www.Lancaster.ac.uk/LAP

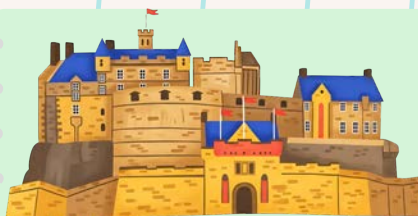
for information on the Lancaster Access Programme, and use Mr Rastelli as the school contact, or visit www.Lancaster.ac.uk/access-to-medicine for Access To Medicine.

Applications close Sunday 9th November!



Y13 FINANCIAL ADVICE

On Wednesday 12/11/25, Furness Building Society are coming in to discuss all things financial, and give advice on day to day banking, credit scores, credit cards, saving accounts and more!



A LEVEL EDINBURGH ART TRIP

Thank you to Mrs Hine-Johnson and Mrs Doyle who took our A Level Art students to Edinburgh on the last day of term. They visited the National Gallery and the National Museum of Scotland, viewing amazing pieces of art as well as spectacular installations. They also had a walk around the old town to look at the city-scape and historical Architecture before the train ride home ready for the October break!

JOIN US!

UVHS 6TH FORM OPEN EVENING:

Thinking of joining our 6th form next year? Visit us on Wednesday 26th November from 5:30 - 7:30pm to see what life at UVHS is all about! Why not take a look at the video guides for each subject here: <https://www.uvhs.uk/6th-form-open-evening>

UPCOMING EVENTS!

The UVHS Christmas Festival!

Get into the festive spirit with an evening of musical entertainment including carols and seasonal readings from the outstanding UVHS Music Department! Doors open at 6:45pm for a 7:30pm start at The Coro, with an advisory finish time of 9:35pm. Tickets are likely to sell out soon, so grab yours now from:
<https://www.thecoro.co.uk/event/the-2025-uvhs-christmas-festival/>

Foodbank Collection

As always, every form group in school will be making up a hamper as part of our annual donation to the local Food Banks on the Furness Peninsula. Please look out for the item your child has signed up to donate over the upcoming weeks, as every individual item makes a huge difference. Since 2015, UVHS have donated **342** 3 day emergency family hampers, as well as over **2,000** individual meals and **hundreds of mince pies!**



UVHS Dance Show!

Tickets are available now for the incredibly popular UVHS Dance Show held at The Coro, Ulverston. Doors open at 6:15pm for a 7pm start, finishing at 9:15pm on Monday 15th December. Tickets can be bought here:
<https://www.thecoro.co.uk/event/uvhs-dance-show-3/>



UVHS

Winter Fair

Thursday 20th Nov
4:30 - 6:30



Join us for Food, Frolics and Fun!

Tables available to hire for **£10** each. Please register your interest by emailing rde@uvhs.uk asap before **Monday 3rd November**. Please include a description of the stall or activity you would like to have.



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	- Forming positive relationships - Diversity, discrimination, tolerance and kindness
8	- Heathy behaviours in relationships - Gender and stereotypes
9	- Consent - Sex and the law - Understanding and challenging gender stereotypes and misogyny
10	- Relationships and equality - Sexual orientation and stereotypes - Understanding sexual harassment and violence
11	- Identifying harmful sexual behaviour, including domestic violence - Online harmful behaviours
12	- The Law and you - Being a resilient student - Young adult illnesses - Monitoring my health - My career ambitions - Workplace legislation - Work or study? Next steps - Gambling awareness
13	- Staying motivated - Monitoring my health - Are human rights balanced in society? - Differences in societal values - Preparing to live independently - Budgeting

Dates For Your Diary:

Autumn Term Finishes: 19th December 2025

Spring Term Starts: 7th January 2026

