

# PERSONAL DEVELOPMENT NEWSLETTER

Summer Term  
1 Edition

## Welcome

Hopefully you all managed to enjoy the Easter holiday sunshine whether it was locally in and around Ulverston, or further afield internationally. We're two thirds through this academic year, and the promise of summer days is on the horizon!

Don't forget to follow UVHS on Facebook!



## BRITISH VALUES

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

## NETFLIX

### The Impact Of "Adolescence"

The Netflix drama "Adolescence" has become one of the highest viewed mini series across the globe. As a school, we feel parents, students and staff should all be part of the conversation regarding social media safety, and what people can look out for to minimise the chances of becoming susceptible to radicalisation. **Did you know:**

- There are **27** units of work as part of the learning journey for Personal Development from Y7-11 which relate to some aspect of what this show highlighted?
- We have a **dedicated page** on the UVHS website with information for parents on keeping children safe and healthy: <https://www.uvhs.uk/keeping-children-safe-and-healthy>
- This includes PDF guides from Internet Matters on online safety for 11-13 year olds and 14 +, advice on Incels, as well as a "Periodic table of emojis," and preventing extremism from Educate Against Hate.
- Every week we upload a **#WakeUpWednesday** online e-guide <https://www.uvhs.uk/wakeupwednesday>
- As part of our staff bodies continuous professional development, we run training and provide wider reading on a variety of current topics
- Please remember, UVHS has a policy for all student phones to be kept in their bags, and they will be confiscated if used on site.

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



# 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 2 highlights, and plans for the rest of the term.



## 1st Ulverston Scouts Royal Visit



We were so proud to see Oliver, Benji and Kurt in Year 7 who are members of Cumbria's 1st Ulverston Scouts featuring on BBC News. They met Princess Kate who has been joint president of the Scouts since 2020, alongside Chief Scout Dwayne Fields. The Scouts were in Windermere making a short film to promote the importance of spending time in nature, and you can see the full clip from YouTube here:

[https://www.youtube.com/watch?v=vEzWz\\_KisAU](https://www.youtube.com/watch?v=vEzWz_KisAU)



## Morning Registration

All parents and carers should have received a letter in March on how we will be extending AM registration from 5 to 10 minutes from the 22/4/25. This does NOT impact the start or end time of the school day, and will allow form tutors to more effectively monitor and support the wellbeing of students, and check they are ready to learn with their correct uniform and equipment. A copy of the letter can be found on the school website here:

<https://www.uvhs.uk/attachments/download.asp?file=3441&type=pdf>



## The JJ Effect

If your child is in Y8-10, please look out for information regarding guest speaker Byron Highton who will be delivering an age appropriate production on anti-knife crime culture on 13/5/25. This is part of an initiative from Westmorland and Furness Council, and should be an informative and thought provoking session for students. More information on the JJ Effect can be found here:

<https://thejjeffect.org/>

Click the links to take you straight to the pages!

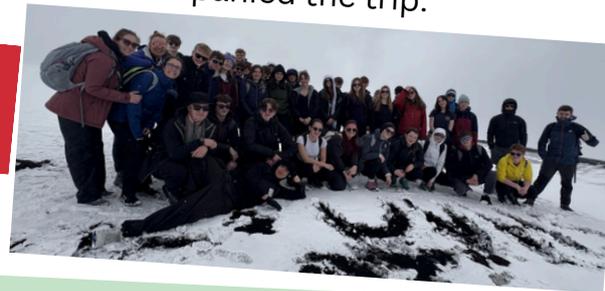
## Royal Marines Band

Make sure you are quick to secure one of the limited tickets via The Coro box office to enjoy an evening with the UVHS Music Department as they will be playing alongside the Royal Marines Band on the 26/4/25. This will be a very special 20th anniversary celebration of the unique partnership between the Royal Marines and our school, and promises to be an exceptional event!



## Sicily Trip

The 6th form had a fantastic trip to Sicily exploring Neapolis, a UNESCO Archaeological Site, as well as walking the trails on Mount Etna. Our students also got to visit Teatre Antico di Taormina, an ancient Greek amphitheatre before heading into town to shop on the cobbled streets and enjoy the local food delicacies. Thank you to all the staff who accompanied the trip.





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>• Attitudes To Mental Health</li> <li>• Strategies To Support Positive Mental Wellbeing</li> </ul>
8	<ul style="list-style-type: none"> <li>• Promoting Emotional Wellbeing</li> </ul>
9	<ul style="list-style-type: none"> <li>• Healthy Coping Strategies</li> <li>• Unhealthy Coping Strategies</li> </ul>
10	<ul style="list-style-type: none"> <li>• Challenges Of Moving Through Adolescence</li> <li>• Reframing Negative Thinking</li> </ul>
11	<ul style="list-style-type: none"> <li>• Revision Techniques</li> <li>• Exam Preparation</li> <li>• Consent &amp; Grooming</li> <li>• Intimate Image Abuse &amp; Deep Fakes</li> </ul>
12	<ul style="list-style-type: none"> <li>• Managing Exam Stress</li> <li>• Extremist Behaviour In The Community</li> </ul>
13	<ul style="list-style-type: none"> <li>• Revision Techniques</li> <li>• Exam Preparation</li> </ul>



- Dalton Detachment Army Cadets will meet Y8 & 9
- House Assemblies with Mr Reader
- UVHS ID Club will discuss sexism
- Miss Smith will deliver assemblies this half term on becoming a Senior Student and joining School Parliament
- Forth Engineering are delivering an assembly to Y9
- Ben Kinsella Knife Crime Awareness Week

