

ULVERSTON VICTORIA HIGH SCHOOL

Summer
Newsletter
2018



On Wednesday 20th June there was a huge celebration of both achievement and progress throughout Years 7 to 10. The annual Lower School Prizegiving took place at the Coronation Hall in front of a packed audience who saw over 140 students walk across the stage to receive their subject and/or community awards.

The theme for the evening was 'What Makes A Good School?' and we are sure that everyone who attended will agree that the range of presentations from students

Lower School Prize Giving What makes a good school?

certainly underlined the wealth of opportunity that lies outside the classroom at UVHS – amazing performances from both the Brass

Ensemble and Dance Club, a spoof Y7 'quiz' testing students on their knowledge of curricular and extra-curricular provision, some great presentations from Food & Nutrition students (tracking the fantastic gastronomic and scientific learning journey students experience through Years 7 to 10) and, to finish off, one of the many highlights from this year's school production – 'When You're An Addams' from 'The



Addams Family', very professionally led by Oliver (Y10) and Mathilda (Y11).

In his opening address, Mr Hardwick spoke about how important breadth of provision is to a school. Educational institutions should never be seen as exam factories, but as places where students can find their

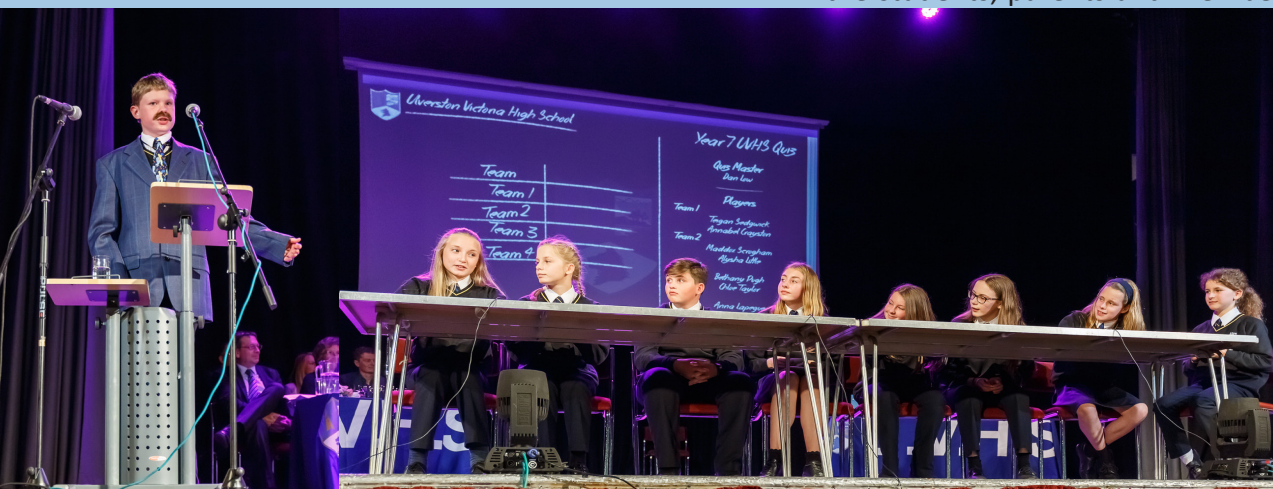
focus and passion in a particular area and then develop it. Not only just in lessons

but also through the wealth of activities on offer to UVHS students at lunchtimes, after school and at weekends. Although as some of us already know, the less opportunity Mr Hardwick gets to develop his own dancing skills the better!

Our special guest for the evening was Mr David Heffernan, the managing director of Orcina. We were very fortunate to have such a knowledgeable and interesting speaker, and his message to the students about finding their own voice in the world around them and taking advantage of all the opportunities the school has to offer will, we are sure, resonate with the students, parents and members of the Ulverston community.



All in all a very warm and celebratory evening underlining what makes UVHS such a great place to both learn and work.



MR HARDWICK WRITES...

The weather is glorious, the PE department have moved to doing athletics and baseball on the fields and at lunchtime, groups of children sit on the field or play football or Frisbee in the sun. UVHS is a fantastic place to be.

However, this is also the sharp end of the year when Year 11 and 13 sit their exams and when their teachers spend every possible moment to deploy every possible teaching strategy to ensure the students fulfil their potential. This year is a little different though, as with the exception of English and Maths, this is the first time that children have taken the new GCSEs, with the new 1 to 9 grading system. Consequently the changes, coupled with the lack of information surrounding grade boundaries from the exam boards, mean that there is some uncertainty about the final outcomes. This is disconcerting for teachers who are used to knowing exactly what grade will be awarded for a particular answer. This will make the job of further education providers more difficult than ever before as they decide which students have met their requirements for entry onto courses.

I can, however, say with confidence that at UVHS Sixth Form, Mr Rastelli and his team will be applying common-sense and flexibility to make sure students have access

to suitable courses. When we strip everything back, our job is simple and rewarding, it is to give students the best possible life chances and that will continue to be at the heart of this school.



As I come to the end of my ninth year at UVHS and reflect on how far we have come along the road towards giving all our children an exceptional experience, particularly when set against the pressures of underfunding and government driven accountability, I can only say we still have the best job in the world.

Best wishes for an enjoyable Summer break.

Mr M Hardwick
Acting Headteacher

Holocaust Conference

Our Y9 students were incredibly lucky to have Zigi Shipper, a Holocaust survivor, come into school to share his testimony with them. Zigi has visited the school several times and always provides a thought provoking and poignant insight into his experiences. Y9 have learnt a lot and were clearly moved by the experience.

One Y9 student expressed how they felt about Zigi's talk: "Zigi is so brave to talk about the things he went through. It has made me appreciate things that come in life, to never give up and that anything that is going to happen in life is never going to be as bad as what he went through"



Year 9 Stem Challenge Winners!



Congratulations to our Year 9 students who achieved 1st place at the STEM Challenge day at Lancaster University. They worked exceptionally hard, competing against Year 9 & 10 students from 12 other schools. They carefully applied their subject knowledge and team working skills in various challenges. These included building a cloud chamber to detect charged particles, designing a chemical reaction with a specific completion time, completing a Maths treasure hunt and prototyping a smart musical instrument using Computing technology.

Our students were awarded the Simon Martindale Trophy and a £250 book voucher for school. Well done to all involved!

UK Maths Individual Challenges 2018

Over 50 of our Years 7 & 8 took part in this year's national Junior UK Individual Maths Challenge.

Great results – Lily and Dan went straight through to the prestigious Olympiad round and Rebecca was invited to do the Kangaroo round. The students were also awarded 4 gold, 15 silver and 11 bronze certificates with the rest all highly commended- well done all!



UVHS in national maths final!

A team of four, James, Rebecca, Bradley & Gilly, travelled to London to compete against teams from across the United Kingdom for this year's UK Team Mathematics Challenge trophy. The team were winners in the Regional Final and won the opportunity out of 1750 schools to compete in the National Final at the Royal Horticultural Halls in London.

It was a great experience and involved quick fire tricky maths questions, some in depth analysis of ideas and a relay race combining physical and mental agility. Well done team!



Y9 Trip to Salzburg

Late June saw a group of Y9 students visit our partner school in Seekirchen near Salzburg, Austria. Students flew to Munich before crossing the border by train into Austria. On the first day, we visited the school where we took part in lessons in German, and then spent the afternoon visiting the lake and getting to know our Austrian partners. In the evening, we had a beautiful sunset walking tour of the city where we visited Mozart's birthplace and former residence, as well as several locations from The Sound of Music.

The second day was spent visiting Hellbrunn Palace and some more filming locations including the gazebo from The Sound of Music. We then headed into The Alps where we walked up to the impressive Hohenwerfen Castle, practised walking on stilts and watched a bird of prey display. In the afternoon, we headed into the salt mines in Hallein crossing the border into Germany and back again but this time deep underground, going down slides and wearing some rather lovely outfits!

On the third day, we spent the day in Salzburg, visiting Haus der Natur, learning about the Geography and Natural History of the area through some hands on experiments. We then went on a boat trip so we could see the city from a different angle and then headed up to the Hohensalzburg Fortress to view the city from above (unfortunately through the rain clouds!).

In the evening, our lovely Austrian hosts had organised a meal in a traditional restaurant and we were able to sample some local food and spend some more time with our buddies. The students on the trip embraced all challenges and opportunities and Miss Groves, Mrs Cooper and Mr Reader were very proud of how they conducted themselves. We were made to feel very welcome in Austria and all had a fantastic week discovering the similarities and differences between our regions and cultures, realising shared passions and interests and forming some lasting friendships. We look forward to seeing our Austrian friends again when they visit us in September.



VIVE LA FRANCE!

At the end of this term, we went to Normandy for our annual French language visit. 45 students spent the week practising their French speaking skills with the help of 'animateurs' from Le Chateau de la Baudonnière in the heart of the Normandy countryside.

At the Chateau, students took part in a variety of activities including climbing, fencing, archery, aeroball and bread-making. Pupils made some imaginative bread shapes and then were able to eat their creations at the evening meal. All

the activities were conducted in French, which helped to extend students' vocabulary and confidence. We had an evening visit to Mont St Michel where students could practise their buying skills and appreciate the UNESCO protected site. Students had the opportunity to find out more about the Second World War at the 360 degree cinema, which gave a moving account of the sacrifices made by our ancestors during the liberation of France in 1944. We also visited the D-Day Landing beaches at Arromanches and the American War Cemetery at Colleville-sur-mer.

Other highlights of the visit included a visit to an organic goat farm where some were lucky enough to hold and milk the goats. Everyone enjoyed practising their speaking skills with the traders at the market in Villedieu-les-Poêles and they were able to buy some interesting combinations for their picnic lunch. Pupils also participated in the final talent show and a special mention must go to Hazel, Harvey and Callum for their outstanding individual performances.

This was another fantastic educational experience for our Y8 students. It was great to see the way they responded to new challenges and their thought and consideration for each other. We hope to offer a similar visit in 2019 to Y8.



YEAR 10 GEOGRAPHY FIELD TRIPS



As part of the new GCSE geography specification, pupils are required to attend two days of fieldwork in both a physical and human geography setting. Just over 100 Year 10 pupils visited two locations earlier this year to collect a range of data which will then be used to support their final exam in Year 11.

On one of the days, the students from Year 10 visited Settlebeck Gill in Sedbergh to collect data on the river and to investigate how it changes from source to mouth. Some pupils dared to get their feet wet to gather information for a river cross section, whilst others got their hands wet in order to analyse sediment change.

The second day involved a trip to Lancaster to investigate land use change and variations in environmental quality. Pupils walked from Lancaster's rural-urban fringe into the city centre and collected data on land use, building quality and traffic/pedestrian counts.

Since their trip, Year 10 have presented and analysed the data in order to draw conclusions and evaluate their experience.



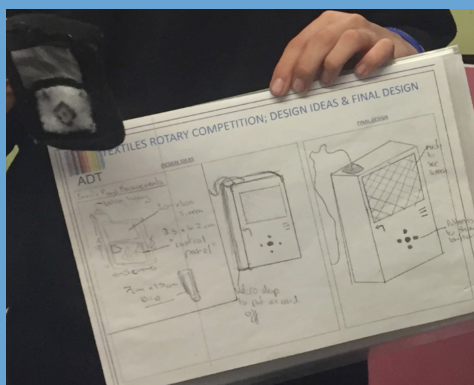
Rotary Club Young Textiles Technologist Competition

Once again UVHS students entered the Rotary Club Young Textiles Technologist Competition. This involved students from year 8 and 9, they were given a brief and had to produce a design portfolio and finished product. The theme was 'make a difference' and students had to design and make a product to be useful to someone. The work was recognised as very high quality and the judges had a difficult decision. The results were:



1st Henry, 2nd Bethan

Both students were commended for their hard work, high level of skill in Textiles and innovative ideas.



National Rotary Young Writer Competition 2017-2018

This year, students from across KS3 were encouraged to produce a creative piece of writing entitled 'A Different Perspective'. This could be fiction or non-fiction, a story or a poem, up to 500 words.

There were 148 entries from UVHS alone for the local heat in which Islay (Year 9) came first place with Vinnie (Year 8) runner-up, both in the intermediate age group.

Islay's entry then went through to the Cumbria and Lancashire District final where she again won first place of the intermediate age group.

Islay said: "My story is based on a true story of my life around my dining table. Our table is very important to me because as well as holding memories from our most recent trip to Mexico, it is a place we gather for celebrations and daily use. I was so happy when my piece won the Rotary competition because I love to write about things that are important to me."

The English department are delighted to announce that Islay's entry received a 'Highly Commended' at the National finals.

Congratulations to Islay, Vinnie and all the students who participated this year.

UVHS BANDS

The Swing Band signed off this academic year (in terms of UK engagements) with a great afternoon concert at Grange Bandstand. The crowds (a very big audience, especially considering England were playing Panama at the same time) were entertained by a wide variety of music from the 1940s to the present day and all the players did themselves and the school proud. Next stop Paris, where they will perform 2 concerts – one televised from Disneyland to celebrate Bastille Day and the other in central Paris at the Jardin de Luxembourg. Over this year the Swing Band has helped to raise over £12,000 for local charities through their music-making which is a huge testament to the students involved.

The Wind Band finish the year with the Summer Concert, alongside the Junior Band, String Orchestra, Choir and all the smaller ensembles before starting to prepare for next year's 8-day concert tour to Italy and a concert weekend with the Royal Marines Band at The Coronation Hall on the 1st and 2nd March. Tickets will go on sale in December.

As usual, it is time to say goodbye to our Y13 students, some of whom have been involved in the bands at UVHS since they were in Y5!! They have all shown tremendous commitment and enthusiasm over the years and, as well as entertaining countless audiences both in this country and across Europe, have also helped to inspire future generations of musicians. Most of them were playing at Grange.



In June, the UVHS Music Department was excited to welcome internationally renowned trumpeter, Paul Archibald, to the school to lead a masterclass with various brass players and then the Senior Brass Ensemble.

For the first hour, Paul gave public lessons to Emma (trombone), Francis (tuba) and David (trumpet). The second half of the masterclass was with the UVHS Senior Brass Ensemble. Paul rehearsed three pieces from their repertoire and discussed the fine points of small-ensemble playing with the students before implementing what they had learnt in performances of excerpts from those pieces.

BRASS MASTERCLASS



ROYAL OPERA HOUSE



As winners of the national composition competition run by the Royal Opera House, Tabi and Alex have completed the final session in the recording studio with the orchestra under the baton of one of the finest conductors in the world, Sir Antonio Pappano: he rehearsed the orchestra and discussed the preparation for the final recording with each student, giving them complete artistic freedom. The recordings will be available in August, and will be played at the Royal Opera House throughout the 2018/2019 opera season. Tabi said "As a musician who wants to study composition at university or music college, this was a dream come true... unforgettable!"

BUMPER YEAR FOR BRONZE AWARD

This year with support from DofE North, UVHS has trialled a new way of running our Bronze DofE award by opening it up to the whole year group in both Y9 and 10. All students in these year groups had the opportunity to sign up for the award, leading to record numbers with 63 signing up for the Y10 award and 44 in Y9.

The difference in this application process meant students were required to complete two of their sections (physical, volunteering and skill) by a deadline in order to be eligible for an expedition with school this year. Our students took on this challenge and, even with tight deadlines for Y10, 47 students were successful and have gone on to complete expedition training and a practice expedition this year. As usual, the choice of activities for sections has been extensive, from volunteering in the local library and with local charities, performing arts, model making and improving fitness at the gym. Students are demonstrating they are well-rounded young people with the commitment and skills that will look impressive on any CV

and application form! Not only have we seen an increase in overall numbers but the number of boys talking part has risen dramatically and the commitment to the award shown by all these students has been outstanding. Many school staff are supporting the pupils in different extra-curricular

activities that they are using towards the award, even Mr Hardwick has been an assessor for a student's skill section this year.

During their practice expedition on the Cumbria Way participants experienced a mix of weather but the rain held off until all groups arrived at the campsite on Sunday 17th March. Despite this, all groups remained in good spirits and were excellent representatives for our school, following the countryside code at all times and demonstrating the skills needed to navigate their qualifying route unassisted.



Gold Duke of Edinburgh This year has seen 17 students enrol on the Gold Duke of Edinburgh's Award. They will be improving their skill sets by taking on a physical activity, learning a new skill and helping the local community by volunteering. They have already undergone their expedition training. The students will take part in 4 expeditions, 2 and 4 day Lakes expeditions and a 4 day Yorkshire expedition, and then their 4 day assessment in the Cairngorm Mountains of Scotland.

The latest expedition in Yorkshire has seen the students brave the weather (for a change - sunshine and heat!) and the evil midge, even though conditions were arduous, and at times, the camping was more like a practice for going to Glastonbury, they were successful. They have all learnt lots about themselves in terms of tenacity and endurance, but have also developed vital employability skills like team work, leadership and problem solving. Well done to all. Bring on Scotland!



Mx Finn - Teacher of Maths

Hi, I am excited to be moving to the Lake District after living in London, and especially to be joining you at UVHS. I am a self-confessed maths geek and have been teaching A Level Maths and Further Maths for the last 11 years, teaching Y7 upwards before that. I have really enjoyed leading a large faculty at a sixth form college, but am looking forward to being back in a school environment, especially after visiting the school and meeting great staff and students. Other than maths, I love the outdoors



(hiking, ultra-running, snowboarding), sci-fi books & shows, music and animals – especially my two cats!

Hello, my name is Miss Hine and I am delighted to be joining the Design, Technology and Art department in September. Since graduating with a degree in Fine Art, I have pursued a career in teaching in the subject of Art and Design,

Miss Hine - Teacher of Food Nutrition & Art

where I have taught for 8 years in a secondary school in Carlisle.

I have lived in Arnside with my family for the past 2 years, the village where I was fortunate enough to be raised. Growing up in the South Lakes has enabled me to enjoy a range of outdoor activities, such as running, walking, skiing and currently I am learning to sail.

My passion for teaching and love of the creative subjects is embedded in the challenges and learning experiences I provide for all students. The rewards of seeing all students achieve and progress, continues to enthuse and motivate me in my practise as an educator in and out of the classroom. I look forward to meeting you all, and I am very excited to become a part of UVHS life in September.



Miss Zebryk - Teacher of Maths

My name is Miss Zebryk and I am really looking forward to joining the Maths department in September. During my placement, I was really impressed by the outstanding behaviour and work ethic I saw across the school and I knew this is where I wanted to be. I am originally from Poland where I graduated with a Master's degree in Economics. I moved to England 15 years ago and have since worked in various primary and secondary schools. It was during this time that I realised how much I enjoyed working with children and young adults and my love for maths and science grew. During my free time, I like to go walking with my daughter, reading and going to the cinema. I look forward to seeing you all again in September.



I'm excited about teaching in such a lovely department and at such a well respected school; I'm really looking forward to September!

I grew up and went to school in Barrow. After my A-Levels at Barrow Sixth Form College, I studied English Language at Lancaster University, where my degree

Mrs Shaw - Teacher of English

included the History of English, neurolinguistics, morphology and a dissertation about swearing.

I had worked with young people part time while doing my undergraduate degree and I carried this on after university. I worked in careers, led a project to encourage young people to consider going to university and then worked in a school in a pastoral role. Since completing my PGCE to become a teacher, 5 years ago, I have been teaching English at the Lakes School in Windermere.

I play the violin (although I'm a bit rusty!) and I hope to get really involved in school life at UVHS.



It was an extremely emotional day saying our final goodbyes to Y11 on Tuesday 26th June; but as always, they did UVHS proud at their leaving assembly and at the prom at Abbey House, wearing some stunning dresses and extremely dapper suits.

It really was one to remember, particularly when our Prom King and Queen were announced (Luke and Natalie), who opened the prom by dancing to an Ed Sheeran song, performed by no other than our own Ethan, while the rest of the year group provided some excellent backing vocals.



A huge thank you goes to all the staff involved in helping to ensure it

ran so smoothly, and one final thank you has to go to the Class of 2018 – you were a fantastic year group and we wish you all the best in your next chapter.



Orienteering Roundup

The club has been very active this

Spring attending events both within Cumbria and further afield.

At the end of April we travelled over to North Yorkshire for the Northern Orienteering Championships. In W14 class Jess (Y8) made the podium in 3rd place with Gillian (Y8) just behind in 5th. In W16 class Jess (Y11) placed 7th, Ellie (Y10) 9th and Merryn (Y10) 10th.

At the end of May we travelled to Balmoral for the British Orienteering Championships and again the girls led the way with some top performances. In W14 Emily (Y8) was 5th and Rebecca (Y8) was 11th. In W16 Merryn improved her ranking and was 8th, Ellie 10th and Lucy (Y10) 13th.

The following day Merryn, Ellie & Lucy teamed up for the British Relay Championships and were placed 2nd in the W18 class. As a result of these fine performances Emily & Rebecca have been selected to attend a week training camp at Lagganlia on Speyside in Scotland during August for juniors U14s. Jess, Ellie & Lucy have been invited to a camp on Deeside in Scotland (Merryn was unavailable) also in August for juniors U16s.

There are a few summer evening events taking place until the end of term together with the Cumbria Schools Champs at the beginning of July.

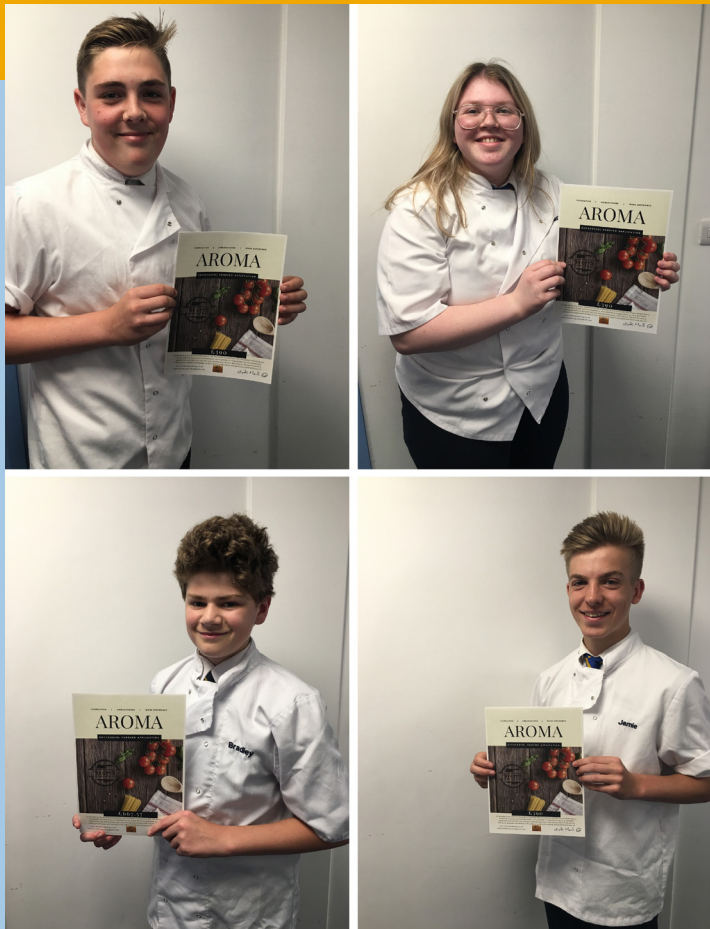
This Autumn we will be working towards the British Schools Champs in November.



The weather was brilliant and so were we! We set sail at 5pm and had a couple of fabulous hours on Lake Coniston and in some cases in Lake Coniston. The weather was perfect with evening sunshine (we needed suntan cream) and a good breeze. We took 3 Picos and 3 Fun boats out and played on the water; students learning to steer close to the wind, to sit out to balance the boat and inevitably to right a capsized boat! We had a lot of fun!

Y8 SAILING CLUB

CATERING FUNDING



Y11 students, Jamie, Bradley, Niamh and Alfie, all applied to the Aroma Catering Foundation for support in helping them achieve their dreams of continuing their food studies. All of the students were successful in receiving funding from the charity, founded and run by Mr Hall.

Aroma Ambassadors, which include restaurants and groups such as Virginia House, and the English Lakes Hotel group, sifted through applications deciding which individuals would receive funding, and the amount they would get. Jamie, Niamh and Alfie have all received funds to help them cover the costs of transport as they move onto the English Lakes Culinary Academy, and Bradley has received support to help him pay for transport, chef whites and a set of knives as he moves on to Kendal College.

These 4 students also join Ethan and Tom in obtaining places to continue their food studies next year. On behalf of everyone at UVHS, and Aroma Catering and it's Ambassadors, congratulations and good luck with the start of your training and careers.

ENGINEERING CLUB

This year the Engineering Club has been taking part in 2 different challenges. The first being the Furness Lego League Competition. The project was based on cleaning up oil spills. The students presented to a range of judges including representatives from United Utilities and BAE, and the response was overwhelmingly positive. The tasks included a project board testing their programming skills to gain points towards the competition and the design of a robot capable of completing each task. The students also designed an excellent device to help locate the robot in the correct starting position each time. The design of this locating device really impressed our STEM ambassador from Siemens Subsea who joins us every week.

The second challenge was the Secondary Engineer's Competition. The students had to identify a problem in any walk of life, then design and develop a solution for it. Some of the ideas were very creative and included ideas like a drone stretcher for military use, a micro car for cities and a machine to recycle everyday waste into useable materials. Students had to submit their ideas through sketches and a written paragraph to a panel of judges, as they would not be present in the judging process. We are waiting on the results of this competition but all students will receive feedback before the end of the year.

The students have begun mentoring the younger members of the club to develop their programming skills as the Furness Lego league is a KS3 competition and our current Y9 students will be unable to enter. This is good news for any new students, as we will be looking for new members. If you are interested in continuing this competition from your primary school or are interested in learning programming skills, teamwork and problem solving in design come and join us!





RESTAURANT UVHS

made up of students in Y7-11 in a cross curricular event with Employability, and was led by Food and Nutrition Teacher, and charity founder Mr Hall. Diners were served dishes such as crab and avocado, quail and edible snow.

Joining Mr Hall and the students was 3 Michelin starred chef Steven Doherty who has worked with the likes of Gordon Ramsey and Michele Roux Snr. and Jnr. He was accompanied by staff from the English Lakes Culinary Academy who will be training four students (Jamie, Alfie, Niamh and Ethan, all Y11) next year to help develop and progress their catering and hospitality skills and knowledge for their apprenticeships.

The event was enjoyed by 30 guests who included staff and parents from school, as well as guests from the English Lakes Hotels, Resorts and Venues, and the local newspaper. The students did a really fantastic job and should be as proud of themselves, as the school and Aroma are.

Look out for news of Restaurant UVHS's future events!

BUTTERFLY RELEASE

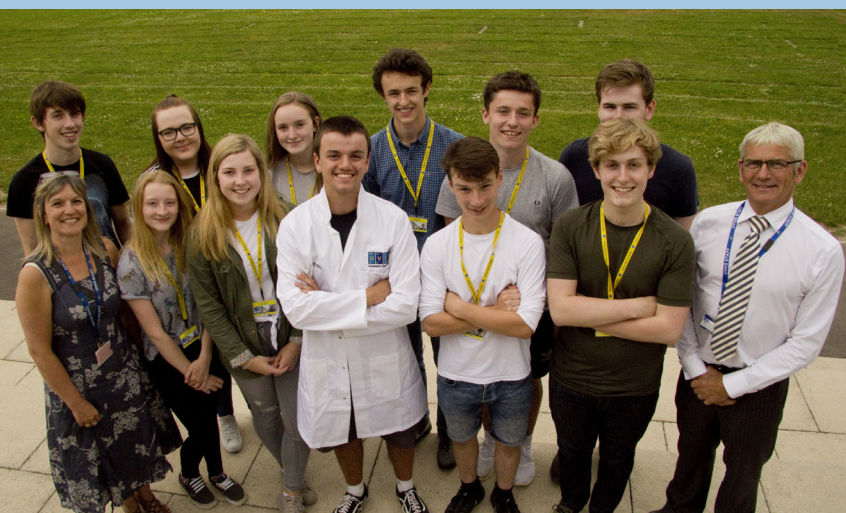
Y8 have looked at the life cycle of a butterfly and the interdependence of species in the environment. The Science department are looking to establish a conservation area in the school grounds. By introducing



butterflies (these were Painted Ladies!) into the area. It is hoped they will lay eggs and become an established species there.

Restaurant UVHS (a collaboration between UVHS and the Aroma Catering Foundation) was opened once again in April serving guests a four course, fine dining meal. The kitchen and front of house team were

CHEMISTRY EXCHANGE STUDENT



Pietro joined UVHS in September from Italy and opted to study chemistry. He quickly established himself within the group and began to get to grips with the English language demands of an A level course. As the year progressed, he steadily gained confidence in chemistry and showed a great enthusiasm for the subject. He described his passion for chemistry at the start of the year as "2.5 out of 10". As we said farewell at the start of June we presented him with a memento of his time with 12C, a personalised monogrammed UVHS chemistry lab coat.

The culmination of the year's study will be an AS level in chemistry, the result of which he will receive in August; a great achievement for any student but amazing to do so in a second language! Pietro would now like to study Chemistry at University, with a passion that has grown to "10 out of 10". We will miss his camaraderie and humour in lessons, but wish him well back in Italy as he finishes his studies.

EARLY SCHOOL CLOSURE: Friday 20th July 2018

UVHS will close at 1.50pm on the last day of term, Friday 20th July 2018. School transport have been informed and students who use school buses will be collected at this earlier time.

ARRANGEMENTS FOR START OF TERM 2018: Wednesday 5th September 2018

Year 7 students start school at 8.50am and are with form tutors during periods 1,2 and 3.

Years 8, 9, 10, 11 and 13 return at 10.55am with form tutors. Normal lessons for the above year groups commence at period 4.

Year 12 students commence Sixth Form on Friday 7th September at 8.50am and have interviews on Tuesday 4th and Wednesday 5th September.

Catering News

UVHS is introducing some exciting changes for the new academic year 2018/19.

Following a review of our prices involving a benchmarking exercise with a number of local schools to ensure best value we are adjusting our charges from 1 September 2018.

Due to cost pressures, some prices have increased but one of our most popular lines, Hot Pasta, is reducing. In addition, we are introducing a "Meal Deal" option. To promote a balanced diet and to offer value to parents, the "Meal Deal" will consist of a main meal plus a healthy snack (fruit or yoghurt) and a cup drink. The Grab-a-Bag options will now also consist of a baguette plus a healthy snack (fruit or yoghurt) and a cup drink and their cost has been reduced.

A summary of our new headline prices is given below:

From 1st September 2018

Pizza Bread	£0.95
Traybake/Muffin	£0.85
Hot/Cold Baguette	£1.75
Sandwich/Wrap/Hoagie	£1.65
Hot Pasta	£1.95 **Reduced**
Grab-a-Bag (Large)	£2.15 **Reduced**
Grab-a-Bag (Small)	£1.95 **Reduced**
Main Meal	£2.05
Main Meal (Vegetarian)	£1.85
Meal Deal	£2.40 **New**
Meal Deal (Vegetarian)	£2.20 **New**
Free School Meal Allowance	£2.50

Our Free School Meal Allowance will remain at £2.50. Details of the Free School Meal application process can be found on the Cumbria County Council website:

www.cumbria.gov.uk/childrensservices/schoolsandlearning/freeschoolmeals.asp

Following changes to the rail timetable, you may like to be aware that the school now operates a breakfast service from 08:00 to 08:45 for students arriving on the early train. Options include cereal, tea cakes, bacon roll, fruit and malt loaf.

And we continue to look at our menu options having introduced Mexican Chilli, Stuffed Jacket Skins and Barbeque Chicken Wrap as new main meals this year. Have a great summer and we look forward to seeing you in September!

UlverSTEM

Saturday 10th November 2018
10.00 am – 3.00 pm
Coronation Hall, County Square, Ulverston.

Challenge on @UlverSTEM for all 6-16 year olds – bring the family. **Discover** more about opportunities to be gained from studying science, technology, engineering and math (STEM) subjects. **Meet** local employers including Bender UK, Siemens, GSK, Oxley, Chris Brammall. **Interactive** activities via Kahoot.com and a chance to be entered into a FREE prize draw. **Make** sure you download Kahoot.com to join in the interactive activities.

Kickstart your career with UlverSTEM. Explore pathways to careers in Science, Technology, Engineering and Mathematics.

Grasp the opportunity to meet with the top local employers and take part in the interactive games and challenges to become part of the STEM revolution.

UlverSTEM takes place on Saturday 10th November 2018, 10am-3pm at the Coronation Hall, Ulverston.

Congratulations to UVHS 6th Former, David (Y12), whose amazing artwork has been chosen as the launch illustration for the UlverSTEM marketing campaign.

Parent Pay As you know, in January 2016 UVHS introduced ParentPay which is our on-line payment platform for school meals, trips, visits and other activities. Over 85% of you are now using ParentPay regularly. Thank you all for making this a success!

To pick up handy tips about how to get the most out of ParentPay you may like to visit the ParentPay FAQ section www.uvhs.uk/parent-pay-faq

Do you know for instance how to set up free low balance alerts for the school lunch account?

Set Alerts Within ParentPay

You can set free e-mail alerts within ParentPay to notify you of a low lunch account balance or new payment items for your children.

You will need to register your e-mail (which you will normally have done as part of the account set up) in the Profile Settings tab at the top of the page. Also register your mobile phone if you wish to receive text alerts.

Please note that e-mail alerts are free to receive text alerts you will need to add credit to your text message balance. *You will not be charged for any text alerts sent by school.*

Go to the Communications tab and select Change Alert Settings.

You can set your low balance threshold balance. School recommends £5. You have the option to receive e-mail or text alerts by ticking either or both options. If you do not wish to receive alerts untick these options.

Don't forget to save your changes at the bottom of the page.

New Cash Policy

Applicable from 1st September 2018

Following a review of our procedures, we regret that from 1st September 2018 we will no longer be able to accept cash payment for trips, visits and other activities. This is for safeguarding and security reasons as well as administrative efficiency.

Students will still be able to bring cash to top up their lunch accounts at the cash machines in school and we can still accept cheque payment for all trips, visits and activities.

For all items other than school lunch account top up, parents are requested to make payment on-line via ParentPay or by cheque. If you have not yet activated your ParentPay account or have any difficulties with this new procedure, please email parentpay@uvhs.uk or phone the School Finance Office 01229 483906.

Payment Page for Music Tuition

Please also be aware that in Summer Term 2018 we introduced the UVHS Payment Page for Music Tuition. This is a simplified version of ParentPay and means that parents of primary as well as secondary school students can now pay for their lesson on-line even if they don't have a ParentPay account.

To pay by card simply visit:
www.uvhs.uk/payment
or phone the School Finance Office 01229483906.



Exam Results

The Summer 2018 Exam Season is complete – well done to all the students who completed their exams. Let's hope that in August you all get the results you have worked so hard for and that you deserve. On that note, results can be collected from the Main School Hall at the following dates and times:

A-Level	Thursday 16th August 2018	8.30am – Noon	Main School Hall
AS Level	Thursday 16th August 2018	10:30am – Noon	Main School Hall
GCSE Results	Thursday 23rd August 2018	10:00 am until Noon	Main School Hall

Members of staff will be on hand to assist and offer advice to any student during the morning – and remember, you do not need to seek advice solely from your specific subject teachers. All teachers are there to help and guide you.

The Examinations Officer will also be available to answer any queries you might have about your results.

Please keep your eye on the school website exams link for updates about results day and queries about exam results... www.uvhs.uk/exams

If you are going to be away on results day, please contact the Exams Office BEFORE the end of the Summer Term so that alternative arrangements can be made (exams@uvhs.uk)

GOLF

Seven students entered the Cumbria Schools Girls & Boys Golf Championship at Kendal GC in April. Natasha Y13 shot a fantastic 1 over par (70) to win the girls competition and in reality the combined competition by 5 shots.

A team made up of Sam Y10, Luke & Ethan both Y11 won the team event by 1 shot, which qualifies them for the English Schools Team Championships at Woodhall Spa on July 10 & 11. David Y13 finished equal 6th which qualified him for the boys regional comp in Manchester during May half term.



MOKYFIT

Before the Y11 students started their GCSE exams we thought we would give them something different in PE to take their mind off the stress of exams...MOKY FIT!

Moky Fit is an aerobics based exercise class that uses current music and dance actions. Well done Y11 and thank you Clare Tonkin for delivering the sessions!

The Sports Ambassadors have been busy this term learning how to coach ultimate Frisbee! They have learnt the game brilliantly and created lesson plans so they are ready to deliver these sessions to local primary schools. On Monday 11th June the sports ambassadors went down to Croftlands Juniors Primary School to coach their sports leaders on how to lead ultimate Frisbee lessons. They were FANTASTIC and the pupils really enjoyed their sessions!



CRICKET

Despite battling the elements to get the early rounds played, we have finally had sunshine to play cricket! We entered teams into the Cumbria Schools Knockout Competitions at U12, U13, U14 & U15 age ranges.

A few mixed results but our U14 team have played and beaten Chetwynde, Dallam & Dowdales having played some good cricket and have a Semi-Final game against Nelson Tomlinson School to play in early July.

A further success went to our U12 team who played in the Barrow Schools 8 a side competition winning their group game against Walney and then going on to beat Furness Academy in a very close final. They are waiting to play in the County President's Trophy Competition in late June.



With all this glorious sunshine UVHS students have had a fantastic Athletics season, lets hope it holds for Sports Day on Monday 9th July! Well done to all the students who took part in all the events.

<p>Cross Country Relays (1 runner from Y7,8,9,10,11 in each team)</p>	<p>Girls came 1st Boys came 2nd</p>
<p>Track Relays (Team of 8 runners with each runner taking part in a sprint 100m/200m and the medley)</p>	<p>Y7 Girls came 1st Boys came 3rd UVHS came 2nd overall Y8 Girls came 1st Boys came 2nd UVHS came 1st overall Y9 Girls came 1st Boys came 2nd UVHS came 2nd overall</p>
<p>Sainsbury's Track and Field Cup Junior team of Y7&8 Intermediate team Y9&10 (Every pupil has to do a track and field event)</p>	<p>Junior Boys and Girls teams came 1st qualifying for the regional event</p>
<p>Furness Schools Athletics Championships Junior and Intermediate teams (Individual events to qualify for county)</p>	<p>21 students qualifying With 13 1st places</p>
<p>Cumbria Schools Track and Field Championships Qualifying round</p>	<p>Olesia Y8 2nd - 1500 Laura Y8 3rd - 800 Cassie Y10 3rd - Javelin</p>
<p>Year 7 Furness Schools Athletics Championships (2 boys, 2 girls per event Max of 2 events & relay)</p>	<p>10 students qualifying for event at Copeland!</p>
<p>Regional North West Finals Junior Boys Junior Girls</p>	<p>Rebecca 1st - 200m Olesia Y8 2nd - 1500m</p>

