

Ulverston Victoria High School Spring Term Review 2023



Mr Hardwick Writes
There is a calmness to the
school in the summer term.

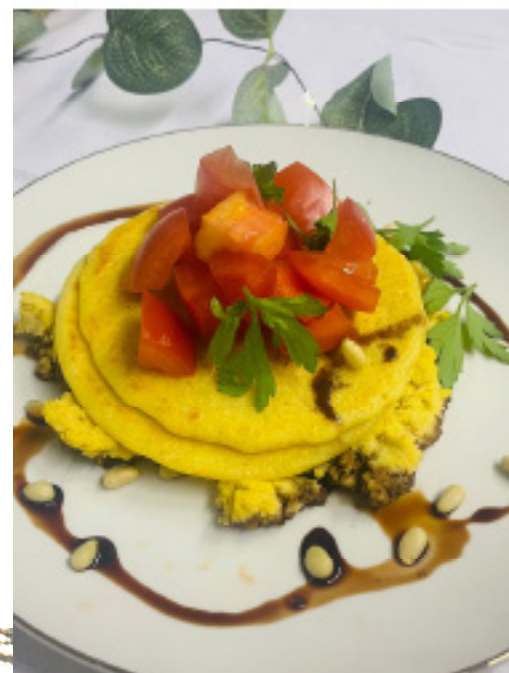
A Taste of UVHS
Opening our doors to Y5
students in March.

Also in this edition:
- Y10 Work Experience
- 6th Form Iceland Trip
- World Book Day

9TH FEB 2023



Rotary Young Chef



Cooking Success

BY MRS FORD

On the 9th February, Dulcie in Year 11 went up against schools across Cumbria and Lancashire to prepare 3 courses for 2 covers in 2 hours at the Lakes School, Troutbeck.

Dulcie was a fantastic representative for the school. Chef Steven Doherty (the first Brit to run a 3* kitchen) and Chef Lecturer from Kendal Paul Waring both came up to her at the end of the night to compliment her on her ambitious skill set and the bright future she has.

Well done Dulcie!

The Menu

Starter:
Tomato steak on freshly made
hummus and chickpea pancake

Main:
Roasted Cumberland sausage on
a bed of apples and onions with
Pomme Dauphine

Dessert:
Damson crème Brule and short-
bread

EVERY LIFE MATTERS

IT'S OK

TO ASK FOR

HELP

Since September, Every Life Matters, a Cumbrian mental health, suicide prevention and suicide bereavement support charity has been working with the school to deliver a mental health, peer support and suicide awareness programme to Year 7, 10 and 12.

The sessions were delivered by experienced trainers from an educational background along with trained school staff who were on hand to support the students. The programme looked at helping young people understand how they can look after their mental health and wellbeing, how to find help if they start to struggle with their mental health, how they can look after each other and what services, support and resources are available to help when they need support.

The programme also covered suicide and self-harm, again helping young people understand the issues, where to get help and how best students could support their friends. Students were asked to reflect on the idea that tackling the stigma around suicide and self-harm, and encouraging open conversations and help seeking behaviour, is one of the biggest prevention measures we can adopt.

With support from the Three Dads, Every Life Matters has been delivering these sessions across the County. Three Dads Walking: Bereaved dads help students talk about suicide - BBC News

Next term there will be an opportunity for parents/carers to attend an evening session at the school run by Every Life Matters to learn more about mental health, self-harm and suicide prevention awareness.

To support the mental health and wellbeing within sixth form the pastoral team have been working with a group of Year 12 students who have taken on the role of Mental Health and Wellbeing Ambassadors. They are all amazing young people who want to support their peers and friends by showing them they are not alone and there is always someone they can talk to. Our new ambassadors are:

Sophie



Charlotte



Emma



Sky



Dylan



Libby



Jacob



Isobel



LANCASHIRE CYBER FOUNDRY Girls Outreach Event

On Monday 30th January, fourteen year 9 students headed to Lancaster University to take part in a Lancashire Cyber Foundry girls' outreach event, in which female university staff shared their pathways into Computer Science. They also shared their contributions to improving society, such as an imaging device in use at a Manchester-based hospital to detect whether a patient is appropriately under general anaesthetic.



The day involved the two main areas cyber security and robotics, with a focus on problem solving and strategic thinking. Students formed 3 groups and enthusiastically took to the challenges, putting their effort into developing solutions to the real-life problems posed by the Cyber Security Foundry.

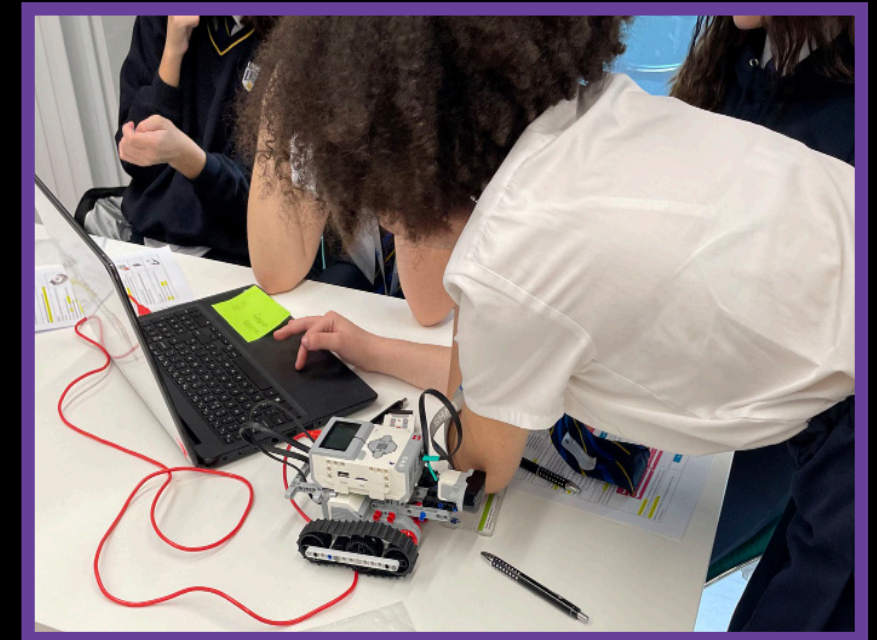
Students had to develop a strategy and react to threats that appeared during the activity. "We had to protect our Lego created 'business' from a range of cyber-attacks, including script kiddies, nation states and various hacking groups". They

had to think from different perspectives, such as whether to proactively buy defensive items (such as firewalls), reactively buy defence after an attack or invest available funds into their bank. UVHS students came out on top of the 12 teams.

Next was a tour of the campus and a trip to the Computing Faculty and their SkyLounge in InfoLab21, the turquoise building you can see from the M6.

Finally, we went back to the Library Events space for some robotics. =Students were tasked with building and programming a robot to navigate uneven terrain and avoid obstacles. This was done using a range of sensors such as ultrasonic and infrared along with controlling servo motors to drive the robot, one of which was named Lozatron Morris. Again, UVHS students were praised for their problem solving.

Students commented how they enjoyed the female computer scientists presenting throughout the day, as well as the competitive element, problem solving, and the fact that it included real-world and business scenarios.



A TASTE OF UVHS



'The town has never in its history been in more peril- Men and women alike ran and pushed, screaming and yelping, fleeing from the one thing that frightened them. And then, the wielder stepped through the swirling portal, immortal power and death glowing in its eyes.'

Fancy having a go? Use the three images on the Story Cubes below to inspire your own writing. Please share your writing with your English teacher; we'd love to see what you come up with.



During the week beginning 13th March we opened our doors to all of the Year 5 pupils in our catchment schools (and a few others as well!).

Over the course of three days 215 children from 13 different schools came to spend a day with us, experiencing secondary school life for the first time and effectively beginning their transition process from primary school.

Pupils experienced a wide variety of subjects, from rock-climbing in PE to learning basic sequencing and DJ skills in Music, learning about static electricity in Science to de-coding hieroglyphics in Maths and from learning programming skills in Computer Science to practical Drama, Art and Technology sessions to name but a few. They were also very excited to have lunch in our school canteen – for several that was the highlight of the day!

They were fantastic in all that they did and were a real credit to their primary schools and parents. Many of them said it was the "best day of my life" when asked upon leaving, and we very much look forward to seeing them again (whether that be in one of our numerous primary sports events, Spanish taster lessons, our weekly Maths extension classes or weekly Primary Drama Workshop, Science practical lessons or music instrumental lessons).

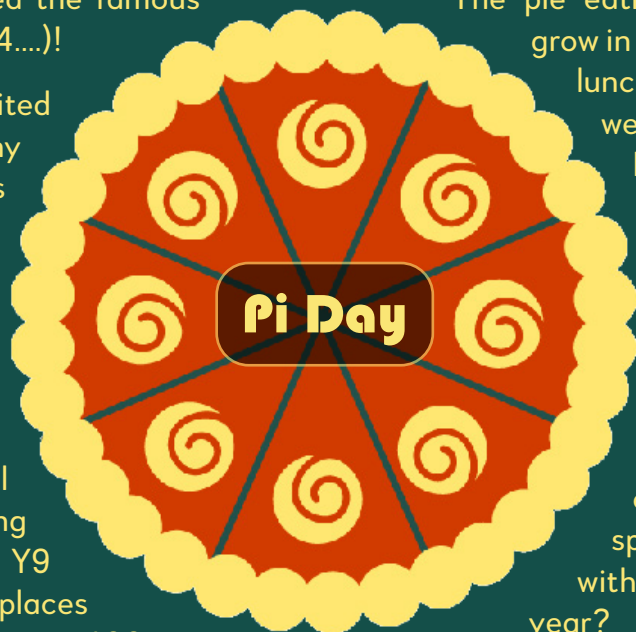
Year 5 Taster Week saw the English department welcoming a number of children from our feeder primary schools and challenging them to be creative. Using Story Cubes for inspiration, Year 5 created a character to include in their choice of: a two line story, an opening sentence or an opening paragraph. Some fantastic pieces of writing were created. We clearly have some budding writers in Y5!

'The roller turns his body around and seizes his rainbow sword out of his minute pocket, and gets ready to attack his devilish opponent (The Demolisher)'

'ALL OF A SUDDEN ALL THE RAINBOWS HAD DISAPPEARED. EVERYBODY WAS ASLEEP AND POISON APPLES LAY ON THE FLOOR. AND THEN HE CAME.'

UVHS once again celebrated the famous Pi-day on March 14th (3.14....)!

Students and staff were invited to memorise Pi to as many decimal places as possible. Mrs Bower our reigning champion managed to memorise it to an amazing 110 decimal places last year, however we have a new UVHS champion! Matthew from Y12 recited Pi to a phenomenal 221 decimal places. Two further outstanding attempts were from Caitlin, a Y9 who managed 54 decimal places and Megan, a Y11 recited who over 100 decimal places too.



The pie eating competition continues to grow in popularity and was held during lunchtime in the Hall. Students were eagerly waiting for Mr Mach, Mr Ironmonger, Mr Eccles, Mr Olphert, Dylan, Will, Lucas and Will to demolish 6 pies as quickly as possible. The odds-on favourite Mr Eccles came back from injury to compete, but it was Mr Olphert who displayed an outstanding performance of speed and technique, winning with ease! Who can beat him next year?



Young Enterprise

On Thursday 9th March, all of Year 7 spent an exciting session with volunteers looking at improving their understanding of money and future job aspirations. Students completed lots of exciting activities looking at their dream lifestyles, what's a priority to them, what type of person they are and how this and their personality can relate to potential career choices. It was a brilliant day, and students left bursting with ideas from their job directories and budget planners!

Thank you to all the staff who helped organise the day, and especially to Karen, Tony, Viv and Rob from Young Enterprise, former student David from Zoetis, Pippa and Julie from the Sir John Fisher Foundation and former students Jasmine and Ethan from BAE for sharing their stories with Year 7's and inspiring the future workforce!

BREWERY DANCE PLATFORM WED 22nd March



On Wednesday 22nd March Miss Bird took the UVHS Brewery dance team to perform at the Brewery Arts Centre in Kendal.

The pupils as always have worked so hard to create an amazing piece. This year we choose to do a choreography about the Pendle Witches. The pupils are an absolute credit to the school putting in hours of time each week to practice. They performed brilliantly and blew us all away. Well done to the dance team!

The piece will be performed again in our annual dance show on the 5th July 2023 so you can come and see it then!

SPORTING NEWS

Boys Football

Year 7 have made a great start to their time at UVHS, they are currently unbeaten and are through to the Semi-final of the County Cup competition.

The U14 team (mix of year 8 and 9) are also unbeaten and through to the County cup semi-finals. The Year 8 team are through to the final of the Furness School cup competition against St Bernard's.

XC Success

At UVHS we have some amazing runners and this year they continue to blow us away. On Saturday 4th January Miss Bird met the UVHS pupils for the Northern schools Inter cross-county championship qualifiers. Pupils have done amazingly well to qualify and were an absolute credit to the school representing UVHS and Cumbria. These pupils competed:

Kyran	Max - 4th	Lucy - 3rd	Ellen - 6th
Oliver	Katelyn	Georgia	Iona
James	Penelope - 1st!	Marina - 3rd	Ethan

The pupils highlighted finished in the top 8 and qualified for the English School Inter cross country championships in Nottingham. They now go to compete in the Nationals. Well done to a truly talented set of runners!



Y9 & 10 Netball

The Y9 & 10 netball team played against Furness Academy in a friendly. Fantastic performances from both teams! The Y9's won 7-2 with outstanding performances from Grace (who played up) and Isla. The Y10's lost 9-12 playing with only 6 players. Well done to Iona and Brooke who played out of position and did a great job.

Fitness Term

BY MISS BIRD

We were back with this year's Fitness Term and our pupils smashed it again! All students from Year 7 to Year 11 took part in a term packed full of different methods of fitness. They ranged from clubbersize, HIIT training to boxercise. At the end of the fitness term pupils took part in a 5K run to raise money for the Ulverston and Barrow foodbank. We are currently still totalling up the amount of money raised so keep your eyes peeled for the amount in our next newsletter. Top fundraisers also to be announced!

As a PE department we would like to say well done to all the students who took part in the fitness term and 5K run. Your effort and determination each week was fantastic!



We are once again immensely proud of the Year 10 cohort who have just successfully completed their Work Experience Week. Getting all 197 students out for a week in a well-respected workplace across diverse labour market sectors is no mean feat but after months of planning and organisation, the students have all benefitted from their time in industry. They return to school motivated having gained invaluable skills they will need for their career journeys ahead of them.

Students were placed in around 145 different businesses and organisations, each providing a very comprehensive programme of work through the week. The placements afford the students the opportunity of developing many of the 8 essential transferable employability skills: communication; problem solving; initiative; organisation; financial capability; resilience; teamwork and confidence.

Despite it being the first experience of work for many, all students displayed a high degree of maturity and excellent working ethos. I am delighted to report many wonderful comments and positive feedback about our talented, polite, and diligent students. Staff enjoyed visiting the students throughout the week and found that they were all engaged in the varied activities that the employers had arranged for them.

Some lucky students, in recognition of their hard-work and reliability, have been offered part-time jobs and even opportunities of work when they leave school in Year 11. All, however, will be able to add what they have undertaken and learned to their CVs, ready for their next career steps.

Work Experience would not be possible without the continued help of our supportive employers and providers. We continue to forge new employer links and we are looking forward to working once again with all our providers on a variety of career events in the coming months.

I look forward to sharing the success and efforts of our wonderful Year 10 students in an Achievement Assembly later this term. We have exceptional students at UVHS who always do both the school and the community proud.

- Mrs J Adams March 2023

Y10 WORK EXPERIENCE PROGRAMME





Iceland Trip



Day 1 -

Today we all visited the Reykanes peninsula, and explored the bridge between the continents. This marks the spot where the mid atlantic ridge can be found and the Eurasian and North American plate meet. We also visited Stampar Craters, Reykjanes Lighthouse and explored the Gunnuhver hot springs. The students then enjoyed visiting the capital Reykjavik, where they had the opportunity to visit the famous Hallgrímskirkja church and do some souvenir shopping.

Day 2 -

Today we visited the Secret Lagoon geothermal pool. This was a very popular part of the day and an excellent opportunity to relax after our day of travelling, it was so popular that it was a struggle to leave, but we had another packed day ahead. Next, we had a short stop at Gulfoss on the Golden Circle tour, it was very cold but the waterfall looked very impressive with large frozen sections. We then had a short drive to the Geysir geothermal area, where we viewed the famous Strokkur geysir, and had a hike up to an impressive viewing platform. After this, we visited Thingvellir national park, which is one of the best locations to see where the North American and Eurasian plates meet. Finally, we drove towards Kerid Crater and had a short walk around a crater rim. Our evening meal at the accommodation was well deserved after a very busy day.



Day 3 -

Our final day in Iceland day started with a trip to the Lava centre, this was an interactive experience where we explored the recent eruptions and volcanic activity that shaped Iceland. We then took a trip to Seljalandfoss waterfall which was hugely impressive with cave systems and frozen sections. After this the weather took a dramatic turn and we felt the full force of the Atlantic, we made a very short visit to the basalt columns at Reynishverfi beach before taking refuge for our lunch in Vik. The weather changed very quickly again and by the time we visited the snout of Solheimajokull glacier we had sunshine and blue skies. We also learnt about the dramatic retreat of the glacier as a result of climate change. Our final visit of Day 3 took us to Skogafoss waterfall where we climbed to a viewing platform and took the opportunity to get some superb pictures. It is definitely going to be a struggle to leave tomorrow!





World Book Day

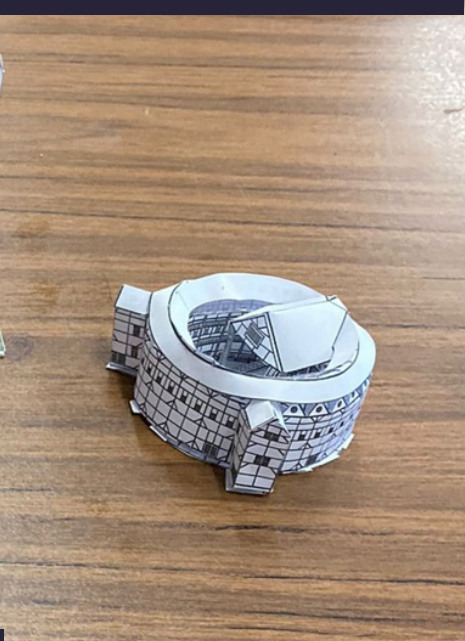


On March 2nd UVHS celebrated World Book Day. The Library had a 'Don't judge a book by its cover' event where students were invited to take a book wrapped in brown paper with only 3 clues.

There were 2 competitions, one identifying staff dressed up as their favourite book characters and a race around school to spot as many Reading recommendations as possible!



The Globe Theatre



In English we have been learning a lot about Shakespeare as he is still very relevant today and lots of his plays have very strong messages. We have also learnt about the Globe Theatre.

Did you know they used flags to signpost what kind of play was being performed that day? Black flags were raised for tragedy plays, red ones for history plays and white flags for comedies.

For homework, Year 7 have been challenged to create their own Shakespeare Globe. There have been some fantastic and creative models produced which have really brought the Globe to life. Well done, Year 7!

