

PERSONAL DEVELOPMENT NEWSLETTER

Summer Term
1 Edition

Welcome

We hope you enjoyed a well deserved Easter break, and are looking forward to the summer term filled with brighter days and (Hopefully!) warmer weather. Good luck to the GCSE and A Level Art students who undertake their timed practical early this term too!

Don't forget to follow UVHS on Facebook!



Victoria
Attend
Listen
Understand
Engage
Support

It doesn't matter that Spring Term 2 came and went in the blink of an eye, Team UVHS made everyday count, and we have a bumper edition this week of the Personal Development newsletter for you to enjoy!



As a school, we are proud to be at the centre of the community, and we are delighted to share that Miss Bosson is a finalist for Teacher Of The Year, and Fifi, Noah and Joseph are in the running for Sports Performance Of The Year for the Heart Of Ulverston Awards **Good luck all!**



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



Upcoming Assemblies


- Pastoral Leaders - Welcome Back!
- Feeling Safe In School Survey With Mr Rawlinson
- House Assemblies With Mr Reader
- School Parliament With Mr Stubbins
- InnovateHer With Kimberly-Clark
- Revision Skills With Mrs Muldoon & Mrs Anderson

***Kimberly-Clark**

PERSONAL DEVELOPMENT REVIEW

Spring Term 2 may have been short, but that didn't stop us from filling every day with opportunities to nurture our students and help them broaden their horizons. Here are just some of our highlights, and as always, check the UVHS website and Facebook page for our most current news items.

BAE Future You Day!

Miss Dixon and Miss Filis from the DT department had a fantastic day with 10 members of Year 9 at the BAE "Future You Day" in March. They were brilliant representatives of UVHS asking insightful questions to the STEM ambassadors whilst working alongside other schools from the Peninsula. 

BAE

The group took part in 5 different workshops to learn about the range of opportunities available in STEM careers. The activities included: A Capgemini session looking at AI in design, non-destructive examination techniques such as ultrasound, cost estimating and operational excellence (Including building a Lego model and a marble run to a set of requirements designed by the students themselves. An exciting day for our future engineers of tomorrow!



Y10 MADE Workshop!

What difference does 1% make? Well, Y10 explored that concept with Sander de Groot from MADE training during a Marginal Gains workshop. Students looked at the quick tricks and tweaks they could make to develop positive habits which will help them reach their goals. The session was interactive with students up on their feet competing against Sander and the rest of the year group in various practical activities, as well as creating a focused plan which they are now able to take home and set mini targets from. Well done Y10! We know you are going to go on and make your mark in the world by starting small with just a 1% change to start building yourselves bright futures.



We're Always Moving Forward!

Year 10 embraced work experience this half term and were not just fantastic ambassadors for the school, but also demonstrated to local employers the future talent heading their way. Whilst they were out, we welcomed in over 200 Year 5's from our catchment area, and held 6th Form Interviews for September's prospective Y12's; ready to join the UVHS family.

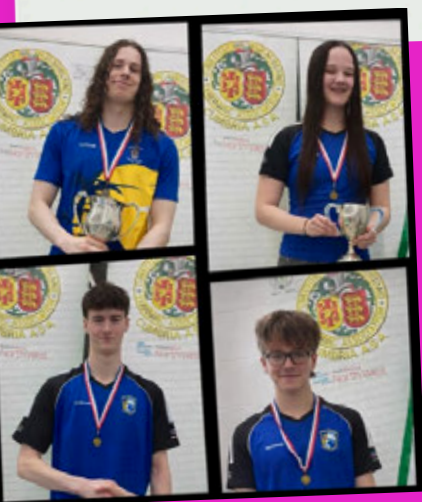


Superstar Swimmers!

We know not every teenager enjoys getting up early for school, but we are in awe of the swimmers who train for up to two hours before school starts every morning as part of the **Ulverston Otters!**

Their dedication to sporting success is something we are incredibly proud of, and we want to **congratulate** Aisling, Chloe, Daniel, Dylan, Fergus, Isabelle, Isla, Kayden, Marley, Matthew, Niamh, Noah, Philippa, Phoebe and Rose on their outstanding efforts in the Cumbria County Age Group Competition! These young athletes broke their own PB's took home county and junior titles in individual and relay performances and achieved regional times to take them to the next level of competition!

Well done to all the swimmers who attend our school, we don't know how you fit it all in!



Westmorland
& Furness
Council



Have You Heard The Good News....

We always want to hear good news stories about our students and know that they do just as much outside of school as they do inside! Don't forget, on our website, you can use the **"Celebrating Success Together"** button, or use the link below to share your child's exciting news, voluntary contributions, charity events and more!

https://forms.office.com/pages/responsepage.aspx?id=Hil_fe0d0jEQu0I2FaH5XWpXX5VMcShZEjRqWMLCmHCNUNkIaQ1ITSkw3N09U_SjhYVVBRU0g5U0ZJSi4u&route=shorturl

World Book Day!



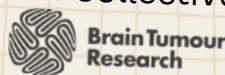
UVHS staff enjoyed sharing their favourite books with students for World Book Day, with our visiting Y5's also enjoying the book trail around the school site!



Staff also dressed up as their favourite characters, with the English department making up the cast of an Inspector Calls! **Congratulations** to Felix who won 'Diary of a Wimpy Kid' in a "Guess how many words" competition and Arabella who won another prize for winning the "Guess the poet from the book description" challenge!

Thank You From UVHS!

Thank you to all the parents and friends of the school who donated via JustGiving to sponsor Y7-11 on their 5k for Brain Tumour Research earlier this term. Collectively, you raised an amazing



£949!



Westmorland & Furness Council Want To Hear From YOU!

Westmorland and Furness Council want to make our area more Child Friendly. They have created a **survey** with your peers for young people aged 11-17 called **Your Voice Matters**, where you can share your opinions on a variety of topics which are important to you. You don't have to give your name and details, and by taking part you can enter into the prize draw for a chance to **win** one of three **£50 Love to Shop vouchers!** This is your chance for W&F Council to find out what you think, and the survey link is below:

<https://consult.westmorlandandfurness.gov.uk/children-and-families/child-friendly-wf-your-voice-matters-11-17/>

Brilliant Basketballers!

The PE Department were delighted to enter the first ever UVHS team into a Basketball Competition this season, and took part in the **Dynamik National Schools League**. With no local schools within the region entering, we got a bye through the pool rounds and faced Dame Allan school who travelled from Newcastle. We started the match strong 5 points up in the first two quarters, with all players holding their own against a team of Year 11 boys. Unfortunately during the second half, the opposition came out strong, pressing hard, and doubling/tripling up against some of our key shooters causing difficulty. The final result ended with us being defeated 79-65. However! We hope this is just the beginning of our journey into Basketball at a competitive level, and **congratulations** to our awesome team for getting stuck in!



English Schools Cross Country Championships!

Longer, sunnier days marks an end to the Cross Country season, and two of our KS3 students ended the year with an outstanding performance at the English Schools XC Championships at Sefton Park, Liverpool in March. Congratulations to Noah and Theo for not only being part of the Cumbrian team, but Noah was 1st and Theo the 2nd Cumbrian home over the line!

Both boys then went on to finish 58th and 68th out of 351 athletes nationally. Well done Noah and Theo! The whole school are behind you and your next running challenges in this discipline later in the year. If you're interested in running or athletics, talk to your PE teacher, or check out the ESAA site below:

<https://esaa.org.uk>

NETBALL CHAMPS!

At the end of February, our U16 Netballers played their final matches of the season at Dowdales winning 2 games 10-1 and 7-1! After a challenging match, they also drew 3-3 against Chetwynde, and are now undefeated in the Furness area! As this was their last match as a team, we just want to publically congratulate them for their sporting achievements this year, and for their dedication representing local clubs and our school!



UKMT RESULTS!

You may recall in our last edition how 127 Y9 & Y10 pupils entered into the UKMT and were awaiting their results. Well, Mr Mach has an exciting update for us regarding this prestigious competition!



The UKMT is a 60-minute competition designed to foster mathematical reasoning, precision, and problem-solving skills. It tests logic over rote learning, with top scorers receiving Gold, Silver, or Bronze certificates and only the best students go on to qualify for follow-on Kangaroo rounds. Well done to everyone who took part, and after the first round we have 2 Gold, 14 Silver and 32 Bronze awards! Congratulations to Logan who was the best in Y9 and Kara who best in the school! Both have qualified for the Grey Kangaroo and Pink Kangaroo round respectively.



TESTIMONY 360

Mrs Fairclough and Year 9 pupils had the privilege to take part in the Testimony 360 event. This was an immersive and deeply moving educational experience designed to bring personal stories from the Holocaust to life. The session combined a powerful first hand testimony from Manfred Goldberg, with interactive digital elements. Pupils were able to hear directly from a Holocaust survivor and explore their story in a thoughtful, engaging format. Pupils were encouraged to ask questions, consider the importance of remembrance, and reflect on how lessons from the past can shape a more compassionate future. This was possible due to AI and VR headsets.

We were thoroughly impressed by the maturity and empathy shown by Year 9 throughout the event. Many pupils commented on how impactful it was to hear a survivor's experiences in such a personal way, helping them to better understand the human reality behind the history they study in class.

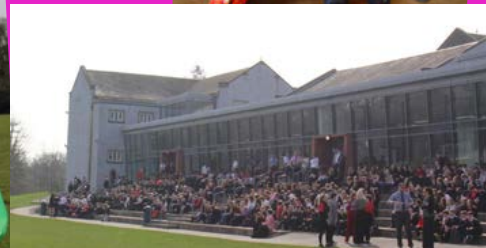
Events like Testimony 360 play a crucial role in developing global awareness, empathy, and critical thinking – and we are incredibly proud of how our students embraced this important opportunity.

RED NOSE DAY

Our students and staff work hard, so we enjoyed having lots of fun for Red Nose Day in March. This years theme was to “Take yourself funny for money” and we had a brilliant time supporting this invaluable cause, as well as sharing lots of laughs! Together, we raised over **£331!** Thank you for all your donations via ParentPay!



We held joke competitions, wore red on Friday, and hosted a finish the lyrics competition. The highlight this year was a Team Dinosaur Vs Team Christmas Tree staff race which the whole school got to enjoy over lunchtime in the sun! If you haven't seen it already, we encourage you to watch the hilarious race on Facebook!



RND 6TH FORM KNOCKOUT TABLE TENNIS!

40 students and 2 teachers entered the knockout table tennis competition which took place during the week leading up to Red Nose Day. There were many close matches of admittedly varying quality, though one stand out was the quarter final between Ewan and Sophie which drew quite the audience. On the other half of the draw, Mr Rastelli was making his way quietly through the rounds and to his amazement found himself in the final against Sophie - eek! He was expecting to be well beaten considering Sophie is currently ranked 1st in the county and 20th in England for her age group, and she was naturally crowned the UVHS 2026 table tennis champion with the final score at 11-7. Mr Rastelli did himself proud with one flashing backhand, a real highlight which drew audible gasps from the capacity crowd watching on. Watch out Wimbledon!

kooth

Free online counselling support for young people! Discover everything Kooth has to offer



We were delighted to welcome Heather in from **Kooth** who is the Engagement Lead for our area to work with Y7, 8, 9, 11 & 12. Heather showed what the platform has to offer young people, and how it can support their mental health. Accounts are free here:

<https://www.kooth.com>

Sign up for free at [Kooth.com](https://www.kooth.com)

Qwell

Over the age of 18 and wanting to speak to someone or access free digital mental wellbeing support? Check out Qwell, the adult platform equivalent of Kooth. Details can be found here: <https://www.qwell.io>



Our Senior Dance Group performed their fabulous new dance piece which was choreographed by our incredibly talented Mrs Latimer at **The Brewery in Kendal** as part of the regional **Dance Platform**. In the words of some of the parents who were in the sell-out audience it was, quite simply, "stunning". **Congratulations** to all our exceptional dancers!

Our **U14 football team** travelled to Workington for their semi final game in the Cumbria Cup. Sadly, our campaign came to an end and we were beaten by an incredibly strong side. Well done girls, you did so well to get to the last four teams in Cumbria!



Brewery Arts



WELL DONE!



The weather was wet and wild, but that didn't stop our community team who joined the **Ulverston Town Council** community litter pick to keep our streets tidy. Well done for displaying our **Victoria Values** and supporting our local area.



6TH FORM SHOUT OUT

CONNECT 4 COMPETITION!

Think you're any good at Connect 4? Our 6th Formers are, and we had over 250 students enter the tournament held this spring to find our champion of champions! To allow for so many matches to be played all the local second hand shops were visited and Connect 4 boards were made available. Each match was best out of three and after several weeks the grand final was played out in front of a standing room only audience in the common room between Louisa and Kayden. The tension was palpable and in the end Kayden was crowned the 2026 Connect 4 champion. We were delighted to track down Mr Jamie Parkinson, the winner of the first and only ever other Connect 4 tournament played back in 1986. He kindly came in as a special guest to watch the final and present Kayden with his trophy.

CONNECT 4



6TH FORM MOCK ELECTION RESULTS!

On the 12th March the 6th Form Team held an exciting mock election to highlight the political opinions of young voters. 186 members of Y12 and Y13 voted out a possible 340 sixth form students who were in school at some point that day, which was a voter turnout of 54.7%.

The results, in order of number of votes from largest to smallest, were:

- **Green Party:** 114 votes (61.3%)
- **Liberal Democrats:** 32 votes (17.2%)
- **Reform:** 17 votes (9.1%)
- **Conservatives:** 14 votes (7.5%)
- **Labour:** 9 votes (4.8%)



LANCASTER UNIVERSITY TRIP!

At the end of March Year 12 once again went off to Lancaster University – this time for the UK University and Apprenticeship Search Fair. They had the opportunity to talk to over 100 providers including Russell Group, red brick, specialist and modern universities as well apprenticeship providers, HE colleges, specialist institutions, and student related organisations. The weather was a far cry from last year's where there had been glorious sunshine (it was absolutely pouring it down) but hopefully gave all of our attendees the chance to see the range of options out there once they have completed their A levels.



GOLD DOFE PRACTICE

Nothing demonstrates dedication like Gold DofE, and Mr Gannon and his team led a rewarding practice expedition at the start of the Easter holidays. They tackled steep hills, tough weather, and long stretches on foot in challenging conditions, and hopefully enjoyed warm beds and showers on their return!

6TH FORM SHOUT OUT ICELANDIC ADVENTURES!



The 6th Form Geographers had an action packed visit to Iceland with the first stop on their itinerary the 'bridge between the continents' before exploring the spectacular sights and sounds of Gunuvher hot springs. As a bonus, they then visited the town of Grindavik which was impacted by the volcanic eruption in 2024. Day 2 was just as impressive on the 'Golden Circle' tour. This included visiting Thingvellir National Park; swimming in the Secret Lagoon; a visit to the Geysir geothermal area, and the magnificent Gullfoss waterfall. Day 3 was spent along the south coast of Iceland, starting with the Lava Centre and going on to explore waterfalls, glaciers and dramatic black sand beaches. On their last day, our students enjoyed a trip to Kerid Crater and then onto a hot springs valley. The final stop was Hellsheidi Geothermal power plant where they learnt about Iceland's renewable energy and carbon capture plans. A fantastic trip up North!





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"> • Attitudes To Mental Health • Strategies To Support Positive Mental Wellbeing
8	<ul style="list-style-type: none"> • Promoting Emotional Wellbeing
9	<ul style="list-style-type: none"> • Healthy Coping Strategies • Unhealthy Coping Strategies
10	<ul style="list-style-type: none"> • Challenges Of Moving Through Adolescence • Reframing Negative Thinking
11	<ul style="list-style-type: none"> • My Support Network • Exam Preparation
12	<ul style="list-style-type: none"> • Managing Exam Stress • Extremist Behaviour In The Community
13	<ul style="list-style-type: none"> • Revision Techniques • Exam Preparation



Did You Know? Miss Price continues to work with Anti Racist Cumbria to help keep moving our school forward with inclusivity and diversity. Already in our school? Why not join the UVHS ID Club who meet in D1 weekly to get involved!



If you follow us on Facebook you will already be familiar with our amazing band and the concerts they have held already this year. However, if you've never had the pleasure of joining us for an evening of music, then our smaller ensembles would warmly like to welcome you to their **Chamber Concert**. Admission is free, and doors to the UVHS Hall open at 6pm on Thursday 7th May 2026.



Diary Dates:

Bank Holiday: 4th May 2026
Half Term: 25th = 29th May 2026