

# PERSONAL DEVELOPMENT NEWSLETTER

Spring Term 2 Edition

## Welcome

Though this is one of the shortest half terms in the academic year there is lots to keep us all busy.

Good luck to our GCSE Food students who start Spring Term 2 with their assessed practicals - you'll be brilliant chefs!

Don't forget to follow UVHS on Facebook!



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

## Hello Year 5!

Our school is always buzzing at this time of year with the excited chatter of hundreds of Year 5's.

We cannot wait to welcome in our future students from 10 different feeder primary schools as they spend a day at UVHS sampling a day of lessons (and the Dolce lunches!)

## BRITISH VALUES

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

## Work Experience 9<sup>th</sup> - 13<sup>th</sup> March!

Year 10 are quickly approaching what is one of the highlights of their time in school as they enter the world of work for a week! Thank you to all the local employers who are hosting our students, and keep an eye out on the UVHS Facebook page for updates on how they're getting on!

- Pastoral Leaders - Welcome Back!
- Y9 FESP Job Applications With BAE
- Y7 The Importance Of Attendance With Mr Hall
- UVHS ID Club & Miss Price - International Women's Day
- Y10 Senior Student Applications With Miss Smith
- End Of Term Achievement Assemblies!



International Women's Day

Upcoming Assemblies

# PERSONAL DEVELOPMENT REVIEW

Even in the coldest, darkest months of the year UVHS pupils battled both weeks of wet weather and wind to thrive both academically and with our robust extra curricular offering. Here are just some of our highlights, and as always, check the UVHS website and Facebook page for up to date news items.

## Year 10 Ski Trip

Do you need some inspiration for your next holiday? Then head to the UVHS Facebook page to read through the diary entries and photos of stunning blue skies and crisp snow in the **Alps** as Y10 enjoyed their skiing trip to Aosta at the start of the year. Beginners made quick progress on the nursery slopes to head up on the cable car to the Sky Bar for amazing panoramic views of the Monta Rosa mountain range, whilst more confident skiers explored the routes that crisscrossed Pila. Downtime was filled with bowling, hot pizzas and cold gelato! Thank you to Mr Barton who led the trip, and the UVHS staff who supported him on what was another incredible trip that students will remember fondly for years to come!



## Furness Schools in the County Cross-Country Championships!

Well done to everyone who represented UVHS in bracing conditions for the Cross-country Championships in January! As a result we had a number of students who have qualified in the top 16 for Cumbria (and therefore winning a county vest) including:

Noah, Theo, Cecily, Nathan, Marina, Will, Marley and Katelyn who came in **1st place** and is now **County Champion!** Congratulations to all the team members, and thank you to everyone who helped organise another superb sporting event.



# Gymnastics Joy!

We know not all student success' happen in UVHS, and we want to celebrate Keisha in Y7 who has had exceptional 12 months in Gymnastics. Having won a team gold and team silver medal in the Cumbria Gymnastics Championships specialising in floor and vault, she has also recently won 2 individual golds in the same disciplines at the Furness Gymnastics 2-Piece Competition as well as overall individual gold. It's no wonder that Furness Gymnastics Club awarded her the trophy for Most Improved Gymnast at the end of 2025!

Keep it up Keisha – we are all very proud of you, and you have the backing of the whole school community behind you!



# LET'S CELEBRATE!

Our school vision is that every child is valued, supported and empowered to achieve their unique potential, and this includes what happens outside of the school day. 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=HiLfe0d0jEQu0l2FaH5XWpXX5VMcShZEjRqWMLCmHCNUNklaQ1tSkw3N09USjhYVVBRU0g5U0ZJSi4u&route=shorturl>



# SPORTABILITY TABLE CRICKET

Congratulations to all the students in our Sportability Table Cricket Team who have qualified to compete in the **County Final!** We were delighted to host the regional tournament at the end of January, and Team UVHS **won** all 5 of their pool games; a phenomenal achievement! Led to victory by our very own Keleigh in Year 11 who captioned our competitors, and wish them all lots of luck as they enter the next round!



**Girls Football!** Well done to our U14 Girls Football Team who not only beat Furness Academy in a fantastic game of football which finished in the dreaded PENALTIES, they have then gone on to come out victorious against Keswick School and are now in the County Final! The trophy is in your grasp girls!

SPORABILITY



## KS3 CAREERS: LIGHTHOUSE TRAINING

Year 9 students all took part in an exciting workshop led by Dominic from MADE Training on target setting, goals, aspirations and developing resilience and a growth mindset. Pupils created SMART targets looking at what they wish their futures will look like, and the steps they can take to make these dreams a reality! The sessions were interactive, with students discussing setbacks and distractions, as well as taking part in practical activities to test their conscious and subconscious thoughts too. The session formed part of the Y9 careers programme and the living in the wider world strand of Personal Development as we continue to prepare our students for the modern world.

Well done Year 9, you were excellent representatives for the school, and we can't wait to see where your futures take you!

## Y8 FOOTBALL STARS!

Our Y8 girls team entered the Football Festival hosted by Furness Academy on a chilly, grey afternoon in January and came away with an amazing 3/3 wins to secure their title as the team to beat on the peninsula! Brilliant spirit from all the schools who entered, and well done girls!



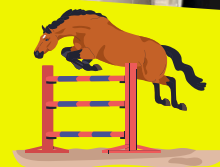
Well done to Joseph in Y11 who represented Cumbria in the regional **Future Chef** finals in St Helen's this month!

We are very proud of Joseph's achievements in this demanding competition, and want to publically thank his professional mentor Mark McCabe (Henrock Head Chef) for helping nurture future talent in the food industry!



## AND....THEY'RE OFF! SHOW JUMPING INTO 2026!

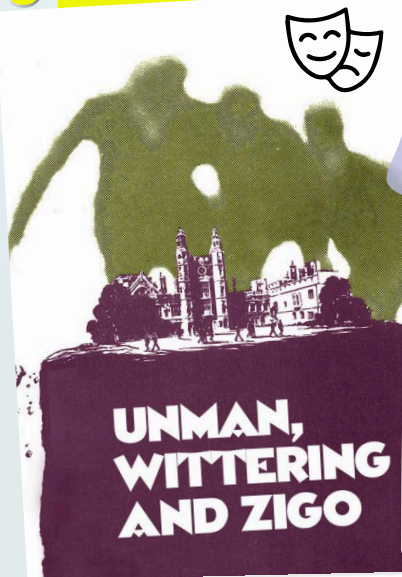
Our equestrian team have started the year off strong in Carlisle with a brilliant day all round. Daisy, Esme and Scarlett jumped fantastically against very tough opposition from across the North of England with the team securing 3<sup>rd</sup> place in the 80cm show jumping class. Scarlett and Esme were placed 8<sup>th</sup> and 9<sup>th</sup> in the 70cm class, with Daisy progressing to the national finals in October! Well done girls, we're immensely proud of all three of you and look forward to celebrating more of your successes as the year goes on. Oh, and thank you to our incredible UVHS parents who accompanied the team for a long day at the top of the County!





United Kingdom Mathematics Trust

Congratulations to the 127 Y9 and Y10 students who made it through to the 2026 UKMT challenge! We can't wait to hear from Mr Mach on your official results!



Follow the link below to secure tickets for the UVHS Performing Arts department's adaptation and recontextualization of Giles Cooper's dark comedy and thriller, "Uman, Wittering and Zigo." Performances are on the 5<sup>th</sup> and 6<sup>th</sup> of March in our main hall.



UVHS Theatre Production 2026

Ulverston Victoria High School performing arts department will be performing an adaptation and recontextualization of Giles Cooper's dark comedy...

trybooking.com / Mar 5



# TICKETS ON SALE NOW!

Use the link on the left to secure tickets for the hottest show at The Coro this year! Join us as we warmly welcome back The Band of His Majesty's Royal Marines (Scotland) with the UVHS Wind Band for what promises to be yet another musical spectacular with both bands performing individually before coming together for an amazing massed band finale!



Congratulations to Daisy and Joseph in Y13 who have successfully completed the **BFI Film Academy** programme this year, delivered locally by **Signal Film & Media** in partnership with the British Film Institute! We can't wait for Miss Price to share their final projects after they have premeired in Manchester!



UVHS 5K  
Help PE - UVHS raise money to support Brain Tumour Research

**DONATE** ❤️



Students in Y7-11 have been completing their annual **5K for Charity**, and this years chosen partner is **Brain Tumour Research**. If you can spare any money, we would love a final boost to secure our £1000 target! Donations can be made on the link above via JustGiving.

# 6TH FORM SHOUT OUT



## KRAKOW TRIP!

Our 6th Form Psychology students have had a fantastic exploring Krakow! Check out the UVHS Facebook page for full diary updates of this European adventure!

The trip itinerary was jam packed, with day 1 including a visit to the Plaszow memorial site followed by a walking tour of the old town.

Day 2 was just as busy with a tour of the Jewish quarter and a visit to Schindler's factory museum. They also sampled a local delicacy - zapiekanka, followed by a sombre experience to the Auschwitz-Birkenau memorial site.

The final day saw our students get to enjoy time in the snow, partake in some very competitive bowling, visit Wieliczka Salt Mines and then wind down with some free time in Krakow Square!

Thank you to the UVHS staff who also used their holiday time to lead this fantastic trip and explore the amazing sights of Poland!

## Y12 LANCASTER UNIVERSITY TRIP!

We were delighted to be welcomed back to Lancaster University for a fantastic day with our Y12 cohort as they got to explore life on campus with Mrs Jefferson and the 6<sup>th</sup> Form Team. 6<sup>th</sup> Formers, keep the 24<sup>th</sup> March clear in your diary for the University Apprenticeship fair too!



Explore higher education on our UK Summer Schools  
Are you interested in going to university? Not sure what you want to study? Our Summer Schools offer you the...  
The Sutton Trust



Not sure where to go or what to study? Follow the link above to The **Sutton Trust** who can help you explore higher education at their UK Summer Schools!

## UNIVERSITY RESIDENTIALS

Applications are now open for **Newcastle University's Year 12 Summer School!** At the event, you can explore a subject area join in with fun social activities, stay on campus and speak to current staff and students. Use the link below to find out more information.

[Bitesize Uni Summer School | School and College Outreach | Newcastle University](#)

Thinking about Biological Sciences, Food & Nutrition, Languages or Social Sciences at **Leeds University?** Sign up for their free summer school which includes an overnight stay and all your meals included. More information can be found on all the opportunities on the link below:



## FIRE SERVICE SESSION!

Thank you to the Fire Department from the Blue Hub who came in with VR Headsets to showcase the importance of road safety. An eye opening afternoon for KS5!



Leeds Summer Schools

Our national programme of summer schools provide an opportunity for students to explore a subject area and experience what it's like to live and learn at Leeds  
leeds.ac.uk Jul 31, 2023



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>• Smoking</li> <li>• Vaping</li> <li>• Bullying &amp; Cyberbullying</li> </ul>
8	<ul style="list-style-type: none"> <li>• Alcohol</li> <li>• Drugs</li> </ul>
9	<ul style="list-style-type: none"> <li>• Sexual Exploitation</li> <li>• Youth Produced Sexual Imagery (Including “Sexting”)</li> <li>• Puberty, Fertility &amp; Body Image</li> </ul>
10	<ul style="list-style-type: none"> <li>• Online Presence (Including Online Security &amp; Trolling)</li> <li>• Gambling &amp; Managing Impulsive Behaviours</li> </ul>
11	<ul style="list-style-type: none"> <li>• Dangerous Friendships</li> <li>• Drugs</li> </ul>
12	<ul style="list-style-type: none"> <li>• Alcohol Misuse</li> <li>• Respectful &amp; Assertive Communication In Relationships</li> <li>• Marketing Yourself</li> </ul>
13	<ul style="list-style-type: none"> <li>• Alcohol Misuse</li> <li>• Menopause &amp; Women’s Health</li> <li>• Managing Strong Emotions In Relationships</li> <li>• Online Dating</li> <li>• Personal Safety In Relationships</li> <li>• What Is Extremist Behaviour?</li> </ul>

## Dates For Your Diary:

- Thursday 26<sup>th</sup> February - Year 13 Parents Evening
- Thursday 12<sup>th</sup> March - Year 11 Parents Evening
- Thursday 26<sup>th</sup> March - Year 7 Parents Evening
- Friday 27<sup>th</sup> March - Start Of Easter Holidays
- Monday 13<sup>th</sup> April - UVHS Reopens For Summer Term 1

