



Dear Parent/Carer

In this fourth week of lockdown we have produced an extra bulletin to help with activities and show some of the amazing work our students have been doing from home. It has certainly been an interesting few weeks and I continue to be amazed by the adaptability and attitude of our wonderful students and staff.

This week UCC was recognised by the SSAT for performing in the top 10% of schools nationally for the Applied General qualifications we deliver, and the whole school received thanks from the Secretary of State for Education for their contribution during these difficult times.



People are finding so many ways to continue to make a contribution to their community, from looking after relatives and neighbours to raising money for charities and the NHS. We have a student who is making ear protectors and staff making face shields, contributors to national conferences and lots and lots of people just looking out for each other - it is tremendous to be a part of something so special during such difficult times. #ProudtobeUCC

I hope you find the contents of use and engaging and my thanks to all those who have contributed.

Mr Gilby, Headteacher

Issue 4 – April 2020

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MUSICAL CHALLENGE

For all those budding song writers and composers out there—join the Commonwealth Coronavirus Composition Challenge!

The Commonwealth Coronavirus Composition Challenge

The Commonwealth International Composition Award is running this exciting competition to encourage young people to compose music during the Coronavirus (COVID-19) pandemic.

The competition is open to young people aged 11-18 throughout the Commonwealth.

Email Phil Dutton for full details and conditions for entry: cocompositionmanager@gmail.com

Online launch: Wednesday April 1st 2020

Closing date for entries: Wednesday July 1st 2020

Winning entries will receive cash prizes and excellent performance opportunities!

The Purcell School for young musicians
ABRSM

ONLINE LINKS

BBC Bitesize

The BBC has launched an education package across TV and online, featuring celebrities and teachers. The aim is to help keep children learning at home and to support parents: <https://www.bbc.co.uk/bitesize>.

For musicians

Performing Over the Rainbow for the NHS on Thursdays at 8pm. Music for a range of instruments can be found by going to <https://janosalmon.info/nhsrainbow/?fbclid=IwAR03yG-znv7AXHPL-I7WcJU2ks5nnC2yKyMEyTBxITE6GWUPsOnDEMI0Zt8>

See also:

<http://www.jessgilliamsax.co.uk/vso-where-are-we-now/>
<https://decca.com/greatbritishhomechorus/>

From universities - something for all age groups

Edge Hill: <https://www.edgehill.ac.uk/studentrecruitment/virtualoutreach/>
Lancaster: <https://www.lancaster.ac.uk/study/open-days/visit-us-events/>

HELP DURING LOCKDOWN

In these exceptional times, many families may well find themselves under considerable financial strain. We wanted to provide a brief update to you about the options that exist within our community to support families financially and during times of hardship.

If you are unsure where to start, the first port of call is the Department of Work and Pensions website <https://www.gov.uk/benefits-calculators>. This website will be able to help you work out if you are entitled to certain benefits. The Cumbria County Council website is also extremely helpful: <https://cumbria.gov.uk/coronavirus/> (and see the article below).

If, as a result of any crisis, you are struggling to provide food for your family, you may be able to get some emergency assistance from a food bank. In order to do so, you will first need to obtain a voucher from one of the food bank's authorised voucher holders. If you think this may be of assistance and you do not already have contact with a voucher holder, then please get in touch with Cumbria County Council's community support team on 01228 221100 for further information and advice.

As a school, we have been able to support our free school meal families by providing free school meal vouchers over the Easter holidays. We will continue to do this over the coming weeks until school resumes as normal.

It is worth pointing out that the school also benefits when students receive free school meals. We receive additional

funding for these students, which is used to support them in school with learning.

If you are already claiming any form of financial assistance, or have done so recently, your child may be eligible for free school meals. You are able to claim for free school meals if you get any of the following:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)

To apply for free school meals visit the Cumbria County Council's website and apply on line: <https://www.cumbria.gov.uk/childrensservices/schoolsandlearning/freeschoolmeals.asp>

We hope you find the information contained here of use and please do not hesitate to contact us if you think we may be able to assist in any other way.

STUDENTS' WORK

Our students have been working hard during the lockdown. Some examples of their work are shown on the following pages. We'd like to thank all students and parents for their hard work and understanding during this difficult and unusual time.

CUMBRIA COUNTY COUNCIL: HELP and INFORMATION

Emergency Support Helpline for vulnerable people needing urgent help with food, medicines and essential supplies.

Cumbria County Council and partners have launched an emergency support service and six welfare coordination hubs for people at high risk of becoming seriously ill, as a result of COVID-19, and who do not have support available from friends, family or neighbours.

People with no alternative support will now be able to call the Freephone number to request help with getting food, medicines, essential supplies and home deliveries.

- **Emergency telephone support helpline:** 0800 783 1966
- **Online:** [COVID-19 online support form](#)
- **Email:** COVID19support@cumbria.gov.uk

The telephone 'call' centre will operate Monday to Friday 9am to 5pm, and 10am to 2pm at weekends and Bank Holidays. The service also accepts referrals from members of the public who may be concerned about people in their community.

The helpline is there to support those at 'high risk' and includes people over 70 years old, pregnant women and those with underlying health conditions who should be protecting themselves by staying at home. The majority of these people will already be receiving support from family, friends or local voluntary groups with tasks like shopping or collection of medicines if they require it. But we know that a small number of people will not have this support. The helpline will also accept referrals from members of the public who may be concerned about people in their community.

POEMS FROM THE ENGLISH DEPARTMENT

When the death rate hit thirty, I wasn't concerned,
it all seemed very surreal, harmless,
it was just a statistic.

The government weren't scared enough of it,
they said, **wash your hands**. And we washed, did
what we were told. Didn't even panic.

Then it started to get up and travel
all around the country so that it could spread death,
it spread death like wildfire. It had the government's attention.

We are closing all schools, they said, **after this action will be taken,**
only essential businesses will continue work, we will have a peri-
od of lockdown,
Stay inside, protect the NHS, save lives.

We were its host. It became our greatest fear,
our only pleasure convincing ourselves our families would be safe,
its pleasure, to watch us shrink in fear.

My family. A cluster of vulnerability and illness.
Granny, on several antibiotics to leave her weakened
to the deadly virus. Granda's health was poor

Too poor to allow him to leave the house, too poor for him to buy his
daily newspaper,
too poor to be used as a shield against death,
too poor to be called fit, low-risk, safe.

By the time it had hit ten thousand, my Auntie was working hard
fighting on the frontline. My Uncle, he was vulnerable.
They said **you will die**, so he stayed locked away at home.

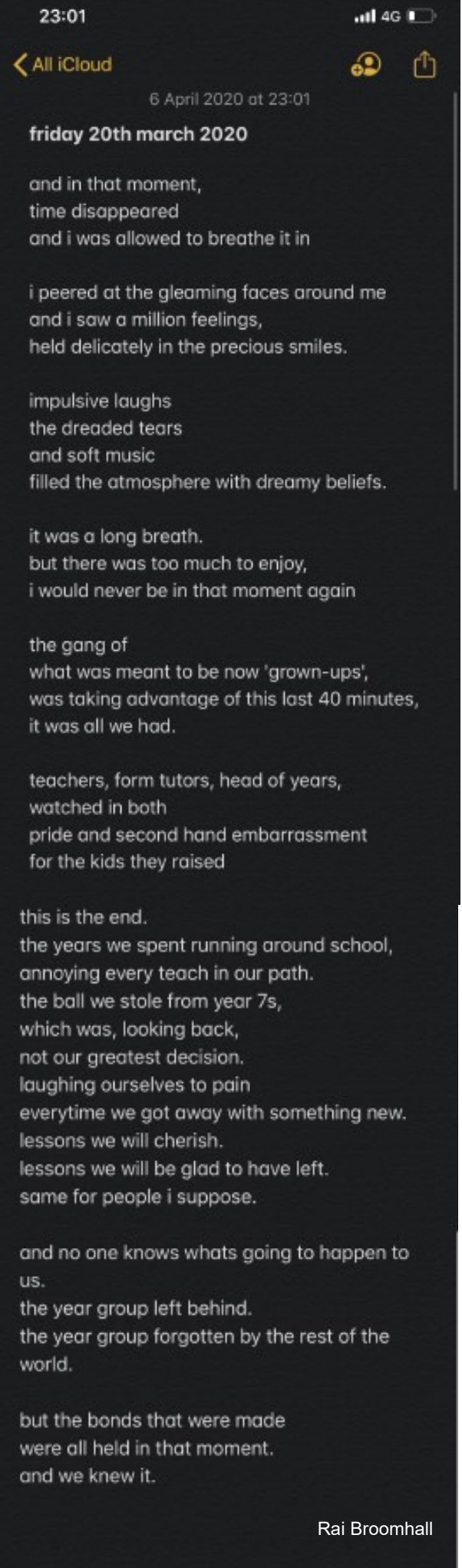
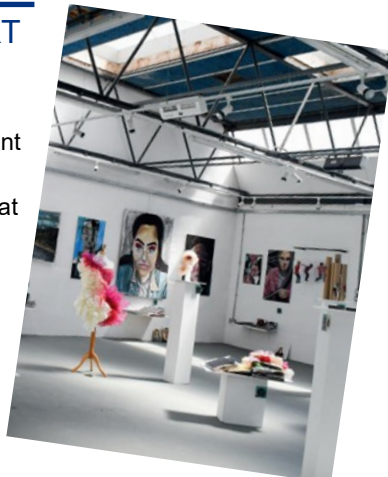
Soon it'll be eleven thousand... the scientists marvelled, and how
could we not feel threatened. The bodies burnt to avoid transmission
to others. People all over the world were uttering their dying sentences.

It left us in peril for months that felt like decades.
Victims' mouths wide open, their eyes laced with fear.
There was nothing left to do but bury your loved ones.

Isabella Natrass

CHECK OUT THE ART DEPARTMENT!

Take look at the Art Department
Twitter feed – [uccartdept](#) – to
see the daily art challenges that
are being set and some of the
students' work.



POETRY – CONTINUED

To leave, or not to leave, that is the question:
Whether tis nobler to remain in one's abode
Or to venture out to help those in need
To live- to be free, no more. The petty shackles
Of disease and contagion roam this earth
So do shroud the very realms of reality
In a murky darkness, such as has not
Been seen since depictions of Judgement Day.
The royal court, Denmark, the entire globe
Seems afflicted by this merciless monster.
Yet I yearn for the voice of Ophelia
Who has not two weeks been separated from me.
Will we e'er emerge from these depths
Or is this the hand of God- who seeks to
Purge us of all sin. For if tis so,
Why is not I enslaved by the breeding beast?
I, who have nought to offer this world,
But wretchedness and misery
For if all is lost, I should be one of those
Poor souls writhing in the torments of Hell
But for what reason, I cannot begin to share.
[Exeunt Hamlet]

Kirsten Scott

This was a time when a silent killer
Brought the crux of mankind to a tipping point
To a question of lost compassion.

This was a time when greed overstepped hunger
And the concept of "herd behaviour"
Fell in singularity to the empty shelves of deaf, white plastic.

This was a time where time did not wish to be moved
Like dust caught in the sunlight, trapped in an unending stasis
And yet somehow bottled into promises of "three week" reviews.
And this was a time

When hope spread its lofty wings
To the constitution of the Best and Worst
In a plea to the triumph of mankind over nature
In the ambition of civilisation.

Jo Garnett

YEAR 8 POSTERS



PENRITH - MUSICAL VE DAY CELEBRATIONS

Penrith Town Band are inviting musicians to perform The Last Post on their door-steps at 2.55 pm on May the 8th to celebrate the 75th anniversary of VE Day.

Find the musical parts in Mr Bryant's Google Classroom entitled Performance - the code is cmgquek—or email him (sbryant@ullswatercc.co.uk) and he'll email the right part to you

Music tutor Diane Stewart has offered to teach the music via Zoom! Email her on: stewartie2001@hotmail.com if you're interested!

Mr Bryant
Head of Music



Posters designed and created by Joe Johnston (left) and Justin Campton (above).

ONLINE SAFETY PACKS

Two more home activity packs around the subject of Online Safety have been issued. The packs have two 15-minute activities that parents can work on with their children, created by the National Crime Agency.

We feel this is timely with current school closures resulting in an ever-increasing reliance on online resources by students continuing their education from home.

Mr Jackson
Head of ICT

Online safety at home
SIMPLE 15 MINUTE ACTIVITIES TO DO WITH YOUR CHILD

Activities for ages 14+ **Number 2, 07/04/2020**

Activity 1: Write a new article or letter for young people your age

- Get your mind map from the previous pack (Activity 1) and think about the current situation in the UK.
- Is there any advice that you felt young people need at the moment that isn't currently covered on the Thinkuknow 14+ website?
- If so, write a short new article on this topic. Include an explanation/analysis of the issue, key advice for young people, and any support agencies which can help.
- If you feel no new topics are needed, pick an article on the site which interests you. Imagine you have a friend who needs advice on this issue. Rewrite the article as a letter to your friend, and offer them advice on the issue, in your own words.
- If any of your friends are doing this activity at home too, swap your articles/letters and read each other's. What are the similarities/differences in advice? Is there anything you would change having read your friends'?

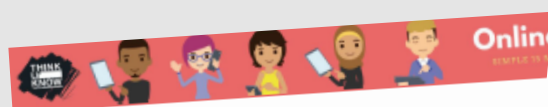
Activity 2: Record a vlog on your phone!

- Bring your article to life! Create a short video clip or vlog on your phone on the same topic as your article / letter. Try to make this a few minutes long. Look up some popular YouTubers who vlog about similar issues to help you! Hannah Witton is a great example.
- Once you have recorded your clip, show it to your family or close friends and ask them if they have any questions about the topic.
- Make sure your vlog includes advice to young people to support them with the issue you chose.

About Thinkuknow

Thinkuknow is the online safety education programme from the National Crime Agency. You'll find lots of support and advice for teens at www.thinkuknow.co.uk.

Parents and carers: Once a fortnight, on Tuesdays, we will produce an activity sheet to help you support your child while schools are partially closed. For more advice on keeping your child safe online visit: www.thinkuknow.co.uk/parents/.



Activities for 11-13s

Activity 1: Right to privacy

- The **United Nations Convention on the Rights of the Child** is a human rights treaty which sets out the rights of all children under 18. Learn more about this treaty on the Unicef website - www.unicef.org/uk/what-we-do/un-convention-child-rights.
- Article 16 of this document explains that children and young people have a **right to privacy**, just like adults do. This includes a right to privacy online.
- Going online can put children's right to privacy at greater risk of intrusion. For example - companies and individuals can collect information about what users, including young people, have been doing online; businesses can collect and sell people's personal information, and family members and friends can publish photos of children and young people without getting their permission first.
- Further information about children's online privacy rights can be found on pages 7-11 of this document - www.unicef.org/csr/files/UNICEF_Childrens_Online_Privacy_and_Freedom_of_Expression_11.pdf.
- Create a poster that shows what 'online privacy' means to you. You should draw pictures and write sentences to help explain the privacy rights that you think all young people should have online.

Activity 2: First to A Million – Consent and the right to privacy online

- Re-open the *First to A Million* Powerpoint file (you'll find this at www.thinkuknow.co.uk/parents/support-tools/home-activity-worksheets) and re-watch the clips on slide 10 and 11.
- These clips show what happens when sexual/naked content of Lucas, Meg and Jamal is shared online without their consent (permission).
- Write down why the privacy rights of Lucas, Meg and Jamal have been infringed.
- Decide which character you feel has had their rights infringed the most, and write down some of the reasons why you think that.
- Explain your argument to a parent/carer.

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CONTACT US

We're always pleased to hear from parents. Please get in touch with us if you have any concerns:

E-mail: admin@ullswatercc.co.uk

Or visit the school website:

www.ullswatercc.co.uk

Cumbria
Libraries

Virtual Reading Group

**Are you interested
in joining a Virtual
Reading Group?
Yes! Then read on...**



Cumbria Libraries launches a brand new Virtual Reading Group for adults. Join us on Facebook and Twitter to discuss books and generally have a natter.

Staying socially connected is very important for keeping up morale and supporting everyone's mental health as we adjust to a new way of living.

So why not try a Virtual Reading Group - keep in touch and keep reading whilst social distancing!



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