



HEADTEACHER'S WELCOME

Hello and welcome to the April '22 Newsletter. With Easter upon us and hopefully a restful fortnight ahead, this is a great chance to recognise the efforts of everyone connected with the school and to say thank you once more for all your ongoing support.

A very warm and special welcome to all of our new Year 7 students who will be joining us in September. We can't wait to welcome you to Ullswater and whilst your time at primary school is coming to an end, your time at UCC is just beginning! Over the next 5 or 7 years you are going to have the chance to experience so many wonderful milestones and we can't wait to be a part of them. In the near future we will be sharing information about your transition day, on Thursday 7 July, and look forward to meeting you. There will be a parents/carers event after school to share the **sUCC**esses of the day and welcome our new Year 7 families to the school.

As always, every term at Ullswater is an exciting one and this term has been no exception. Throughout the newsletter you will see many of the wonderful activities and events that have been taking place. I am especially proud that we – as a school – were able to do our small part to support the efforts in Ukraine. Charity, caring and being part of our wider community is at the very heart of what Ullswater Community College is about and I am sure you will join me in passing on my sincere thanks to all those involved.

My thoughts are with our Year 11 and Year 13 students and their families. You have faced an unsurmountable challenge over the last few years and you have responded in the best possible way – by working hard, supporting one another and doing your best every day.

You are now rapidly approaching the final phase of your time completing your GCSEs and A-Levels, it will be a hard few weeks but with the support of those around you I know you are going to be very successful in the summer and will receive the grades you deserve. Focus, work hard and let us know if you need anything and make sure you capitalise on everything that is offered to you as we approach the exam window.

It has been incredible to see the way in which all our young people have approached the challenges they face and I am sure they will continue to do so, becoming the wonderful and well-rounded adults they are destined to be.

As always – thank you, stay safe and stay in touch.

Mr Gilby
Headteacher



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NATIONAL READING CHAMPIONS

After months of furious training, three teams of Year 7–9 students took part in the regional heat of the National Reading Champions Quiz this term.



Faced with over 80 questions about contemporary and classic books, the students admirably showed off their incredible knowledge.

It was a lovely morning with lots of booky fun, including the occasional outbreak of singing and dancing. All three teams were exceptional, but the A-team was particularly impressive and won the entire thing!



They will now represent the North West in the Grand Final in May.

Miss McKay
School Librarian



HELP FOR UKRAINE

What a phenomenal response to our call for donations for refugees from Ukraine arriving in Poland!

Students, staff, parents and carers, local businesses and members of our local community brought so many donations into school. We can't thank people enough for their incredibly kind contributions.

In total we filled 4 vans with nappies, toiletries, medicines and food, plus 3 vans full of clothes, blankets, sleeping bags etc., all of which were delivered to the Polish border to help those in need.



CONGRATULATIONS TO THE MUSIC DEPARTMENT!

UCC's Music Department won the prestigious Outstanding School Music Department at this year's Music and Drama Education awards this year.



After an impressive transformation, UCC's exciting, dynamic music department offers extracurricular provision including a wind band, big band, string orchestra, choir, SATB chamber choir, guitar group, clarinet and flute group, saxophone group, senior brass group and a Samba band connected to a community music-making organisation.

Each week, between 100 and 200 students are involved in instrumental and vocal tuition

In addition, one-off events include musicals, workshops with the National Youth Jazz Orchestra and Royal Northern College of Music and, now that the pandemic seems to be behind us, we hope to resume planning for another international tour.

Mr Bryant
Head of Music

LIBRARY GRAND RE-OPENING

Thursday 24 February saw a Grand Re-Opening Ceremony to celebrate the recent re-development of UCC Library, with author Anne Fine as the guest of honour.

Anne is an award-winning and highly acclaimed author; she has twice won the prestigious Carnegie Medal and is a past Children's Laureate. She has written over 100 books, including *Goggle-Eyes*, *The Tulip Touch*, *Flour Babies*, *Blood Family* and *Madame Doubtfire*.

Following a lunch reception with invited guests, Anne celebrated the library's transformation with students. Speaking to over 100 UCC and primary school visitors, Anne gave a hilarious talk about the importance of reading, shared some highlights of her illustrious career and introduced students to her latest book, *Aftershocks*.



A great time was had by all!

Miss McKay
School Librarian

LIVESTREAMING

Live streaming is now a very popular feature of many apps and platforms, and all you need to livestream is an internet-enabled device like a laptop or a smartphone.

If your child enjoys livestreaming, you may want to read [what is livestreaming](#) to find out more about it and help your child have a positive online experience.

Over the past few months, we expect that many of our students might have watched a livestream or taken part in a video chat. Livestreaming can be a fun and enjoyable online activity for young people.

If you want to know more about livestreaming, the risks and safe use, watch this short [video](#) or download this [handy guide](#).



YEAR 11 UPDATE

The Year 11s are now in their final push towards the summer exam series and are working incredibly hard completing evidence for their teacher-assessed grades (TAGS), completing coursework and revising for their exams.

Results from the recent student survey saw students requesting more guidance on different revision techniques and to this end Miss Pearson-Rolph is holding study-skills sessions every Tuesday lunchtime in W97. A wide range of other revision sessions are also taking place both at lunchtimes and after school; there will also be sessions in the Easter holidays as an added incentive to revise. Further to this, we have launched the revision "passport" where students can accrue Amazon vouchers if they attend regular revision sessions; they really don't have any excuse not to be fully engaged!

We appreciate that this is a very stressful time for our Year 11 students and it would be worrying if they weren't a little stressed, but their mental health is so important. If you can find time to have regular conversations with your children about how you can support them and make sure they build into their busy schedules time to get some exercise, fresh air and time away from their phones it will allow them to achieve a healthy balance between school work and down time.

As ever if there is anything more we can be doing at school to support and prepare our students please do not hesitate to contact us; your child's form tutor would be the first point of contact.

Mr Castle, Head of Year 11

PRAYER SPACE

The UCC prayer space ran for 2 weeks from 14 March. Aiming to enable students and staff, of all faiths and none, to explore life's questions, spirituality and faith in a safe, creative and interactive way, the prayer space provides the opportunity to explore the deeper challenges in life as well as celebrating all that is good.

Mrs McCanny



GYMNASTICS SUCCESS

Congratulations to the UCC Gymnastics Squad who recently competed at the British Schools Regional Finals. All their relentless training and hard work paid off and both our U19a and U14a teams qualified for the British Gymnastics National Schools Finals, which will take place in Stoke on Trent in May. A phenomenal achievement – well done to all involved!



WORK BEGINS IN THE ECO GARDEN

The Eco Council has been lucky enough to start working with Green Mentors Jack and Naomi, who are helping us to restore and develop Ullswater's Eco Garden, by the sports fields.

We have discussed our aspirations for the space and how to bring them to life, such as which wildflowers are native, attract insects and are suitable for the space. Jack and Naomi are supplying us with the tools we decided we need.

After allocating sections in the Eco Garden for a seating area, pond and more we voted to begin with the wildflower section. Last Friday we got to work clearing the garden (of litter of which there is a lot), sectioned off and cleared the wildflower area. Planting begins this Wednesday!

We hope with the eco garden that we can create a calm space where students can learn and breathe.

Naomi Frost and Ciara Doig (Year 12)

A VISIT FROM CAMBRIDGE UNIVERSITY

The schools' liaison officer from our link college at Cambridge University visited UCC to meet students in various year groups. In particular, he talked to Year 9 students about choosing GCSE and A level options, progression routes into degree courses and what Cambridge can offer UCC students.

Mr Jackson, Head of Sixth Form

UCC IN THE CUP FINAL!

U15 UCC Footballers, 3-0 winners over Caldew yesterday, are now into the city cup final to be held at Brunton Park! Fantastic news, well done!



LONDON VISIT

Sixth Form Child Health and Social Care students interviewed Penrith and the Borders MP Dr Neil Hudson in the Houses of Parliament on their recent trip to London. Star of the show was Ellie Mattocks, who took the opportunity to ask Dr Hudson how he was going to encourage parliament to resolve the public health issue of mental health in Cumbria, particularly that of farmers, following the Covid pandemic.

The visit was jam-packed, including visits to the British Library, Tate Modern, the Science Museum and the Wellcome Collection. We also visited famous sights such as Buckingham Palace and Trafalgar Square, as well as trying some London street food. Highlights included theatre visits to watch *Small Island* and *Matilda*.

This was an amazing trip – full of new experiences – and we all earned a few blisters due to the many miles of walking on the day of the Underground strike!



LGBT OPEN MIC IN WINDERMERE

LAKE
LOND
ARTS

Join the Loud & Queer night at Windermere Jetty Museum – an open mic and showcase gig for LGBTQ+ artists and musicians is organised by Free Radicals of Carlisle and hosted by the fantastic Melanie Baker, who is an ex-UCC student.

Whether you're a poet, singer, songwriter, musician or you simply just love live music – this night is for you!

Expect fairy lights, wholesome vibes, incredible views and beautiful live music from our amazing LGBTQ+ artists.

The event is taking place in the Windermere Jetty Museum with doors opening at 5 pm and the open mic kicking off at 5:30 pm. It's a sober space so teas and soft drinks will be available. Ends 8.45 pm.



UCC HEALTH HUB DEVELOPMENT PROJECT

An exciting project will start at UCC in the near future. In partnership with the North East and North Cumbria's Child Health and Wellbeing Network and their Children and Young People's Transformation Programme, we aim to establish an integrated health hub at UCC, to bring together health services from partners such as the NHS, local authorities and other voluntary sector organisations.

To make sure we meet the needs of children and young people and their families, we are keen to receive feedback to make sure we bring the right services together to provide the support that is most needed locally.

- **Parents/carers:** to give your feedback, please complete the [Parental Engagement questionnaire](#)
- **Students:** please complete the [Student Engagement questionnaire](#)

All responses will be kept confidential and are anonymous.

If you have any questions about this project and thoughts as to how to ensure its success, please do not hesitate to get in touch.

Fliss Gaizely
Assistant Headteacher

WORLD BOOK DAY

World Book Day celebrations were in full swing earlier this term, with a whole school challenge, tutor time quizzes and free books for all students.

For the challenge, staff wore small pin badges with the names of fictional characters on them. The challenge for students was to identify which character each staff member was. Over 150 students handed in entry forms, with many others playing along for fun – the corridors echoed with the question “Who are you?” all week.



The staff challenge proved just as much fun, every fictional character had a partner somewhere in the school, all they had to do was find each other and visit the library together to claim a small prize. Enthusiasm was abundant, with the Fairy Godmother and the Gruffalo particularly focused on finding their other half.

Over 600 books were given to students as World Book Day presents on the day itself. Students had a range of books to choose from, including fiction from bestselling authors such as Michael Morpurgo and Sophie McKenzie, and non fiction from Matt Lucas.

Miss McKay, School Librarian

EBOOKS AND AUDIOBOOKS

Library development continued this term with a move into ebooks and audiobooks. Staff and students can now borrow both from our very own eLibrary. There is a fantastic selection of books to choose from, including current student favourites, factual books, classic literature and new releases.

The site is available through RMuNify (it's called eLibrary) or from this [link](#). Login details are the same as for RMuNify. There is also an app available, simply search for Wheelers ePlatform in your app store and enter Ullswater Community College as your chosen library.

Once on the site, users can browse through 1000s of ebooks and audiobooks, download the title they like and enjoy it immediately. Print size and narration speed can be adapted to individual needs. Users can create their own shelves of books they want to read and even make their own notes in the ebooks.



Anybody with questions or requiring help using the ePlatform is invited to email Miss McKay:

amckay@ullswatercc.o.uk.

A DAY OF POETRY

Students in Years 8, 9, 10, 12 and 13 enjoyed inspiration talks from local poet and educator Dave Cryer this half-term.

In conjunction with The Wordsworth Trust, throughout the day Dave spoke to students about his own work, Wordsworth's poetry and other poems they are studying. Following his talk, students had the opportunity to try writing their own poems to share with Dave and their peers.

It was a lovely, poetic day and we look forward to welcoming Dave back to UCC soon.



AUTHOR WORKSHOP

Author C.G. Moore visited UCC this term to do a loud, proud and lots of fun workshop for selected Year 9 and 10 students.

The Carnegie-nominated author of two YA novels – *Fall Out* and *Gut Feelings* – C.G. talked about LGBTQ+ History and the process of word-building when writing a novel. Later C.G. led students in an exploration of confidence - where it comes from, what harms it and how to build it.



Asra described the afternoon as: "...the best afternoon ever!"

whilst Oliver said: "I really liked meeting Chris, he was funny and easy to talk to."

CHEAPER BROADBAND AND PHONE PACKAGES

Social tariffs can provide a safety net for eligible households who might be struggling to afford their broadband or phone services.

The broadband market offers customers a wide range of choice, with different deals available to suit different needs. Some providers offer social tariffs which are only available to customers who receive certain government benefits, as set out in the table below.

Product	Price	Speed	Eligibility
BT Home Essentials	£15 a month	Around 36 Mbit/s	Various benefits (in and out of work)
BT Home Essentials 2	£20 a month	Around 67 Mbit/s	Various benefits (in and out of work)
Community Fibre	£10 a month	10 Mbit/s	Various benefits (in and out of work)
G.Network Essential Fibre Broadband	£15 a month	50 Mbit/s	Various benefits (in and out of work)
Hyperoptic Fair Fibre 50	£15 a month	50 Mbit/s	Various benefits (in and out of work)
Hyperoptic Fair Fibre 150	£25 a month	150 Mbit/s	Various benefits (in and out of work)
KCOM Full Fibre Flex	£19.99 a month	30 Mbit/s	Various benefits (in and out of work)
Virgin Media Essential Broadband	£15 a month	15 Mbit/s	Universal Credit

CONTACT US

We are 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

changes at ucc

I was invited to join the Governors of what was then Ullswater High School in January 1991. Little did I think when I accepted that I would still be a Governor over 30 years later!

I was then a 38-year-old mother of 4 children under 10 and a part-time GP, and had been openly supportive of change to the system of “guided parental choice” that had been adopted in Penrith as an alternative to the fully comprehensive system operating successfully elsewhere in Cumbria. Under this system, families were guided to move their more academic children from Ullswater at age 13 to continue their secondary education at QEGS.

However, in 1990, the Governors had appointed David Robinson as Headteacher, with an agenda for change. They had been warned that in so doing they were likely to be in for a bumpy ride, and so it proved! Sometimes bravery is needed to make changes and David Robinson simply said he would no longer recommend more academic students go to the another secondary school in Penrith at age 13, saying: “It’s like saying my school is no good”. This produced consternation in some quarters!

National changes such as the introduction of the National Curriculum, with GCSEs replacing O levels and CSEs, meant similar courses and exams in all schools and, together with local management of schools and parental choice, there was a clear need for change.

Parental consultation followed, with most local support for the option of two 11–18 comprehensive schools. The situation changed when QEGS successfully applied for grant-maintained status with selection at 11, and objected to Ullswater having a sixth form. After strong parental input, highlighting the low numbers in post 16 education & low overall levels of attainment locally compared to similar areas the case for change was made to politicians and Ullswater officially became an 11–18 comprehensive school in September 1993.

Ullswater Community College, as it became, was proud to be fully comprehensive, catering for all abilities from the most able to those with severe learning difficulties.

UCC has always had a strong community ethos. Lifelong learning was an initial cornerstone, with a successful community further education and night-class provision. The need for this to be self-funding, together with government cuts to further education, led to its demise but not before Ullswater was instrumental in helping

Penrith & North Lakes University of the Third Age (PNLU3A) get off the ground, allowing those of us in our third age to continue learning. I am presently chair of PNLU3A.

My early days as a governor saw a lot of policies having to be written from scratch and I was particularly involved with those involving health issues. Today it is unthinkable that smoking was allowed for staff on site and in the staff room, but at one time a smoking ban had to be introduced!

Before 1990, little money had been spent on decoration or maintenance and so began a rolling series of improvements as finances allowed. Now a major new-build is needed...

Extra-curricular activities really flourish at UCC, from school clubs to trips to more exotic destinations like Mexico, Dominica and Tanzania. Although the pandemic has curtailed these, such trips play an important role, as they increase enjoyment and involvement and help mental wellbeing – something UCC has always held to be very important. The increased levels of support put in place following the pandemic are also needed.

Teaching and learning is of course at the core, and I have always served on the Curriculum & Staffing / Standards Committee, being its chair for a number of years. There have been vast changes to monitoring and data collection, question-level analysis and the like, with students being much better informed about what they need to do to improve. However, inspirational teaching, with a child-centred approach and relevant curriculum, remains the lynchpin.

I’d like to pay tribute to those who over the years have worked to ensure the success of the school and its students: to the five Headteachers, the leadership teams, the teaching and non-teaching staff as well as the governors and parents. Tribute too to all our students, who are the future. They might not realise it now but the experiences of the past 2 years can be the foundations for resilience and adaptability in the future.

The world might be a worrying place, and so it’s also worth remembering the words of Mother Teresa: “I alone cannot change the world, but I can cast a stone across the waters to create many ripples.” UCC will continue to do just that.

Josie Dunlop
Retiring school governor
March 2022

SUMMER MUSIC COURSE AT CHETHAM'S SCHOOL OF MUSIC, 14–20 AUGUST 2022

Young musicians, aged 11–17 and grade 4 and above, are invited to join friendly, specialist tutors at Chetham's School of Music for a summer school like no other.

Play and make music with like-minded young people – and make new friends from across the UK – in this week-long residential music course.

- Learn with tutors at a world-renowned music school!
- Hone your skills with other young musicians in instrumental classes, ensembles, choirs and orchestras!
- Experience amazing music facilities at our state-of-the-art Manchester city-centre campus!
- Perform on The Stoller Hall stage!

You'll play pieces such as Dvorak's Symphony No 8, Coleridge Taylor's 4 Characteristic Waltzes, Witter-Johnson's Fairtrade, Stravinsky's Firebird Suite and Elgar's Enigma Variations.

Registration is open now via: <https://chethamsschoolofmusic.com/whats-on/chethams-summer-music-course/>

Passionate about music but can't afford the fee for this course? Please let us know! Chetham's School of Music is a charity with a mission to provide a world-class musical education regardless of financial background. A limited number of means-tested **free places are available for this course**. Please contact: SummerMusicCourse@chethams.com



Chetham's Summer Music Course 14 – 20 August 2022
£850 (£750 non-residential)

A summer school like no other...

- Learn with tutors from our world-renowned Music School!
- Hone your skills with other young musicians in instrumental classes, ensembles, choirs and orchestras!
- Experience amazing music facilities at our state-of-the-art Manchester city centre campus!
- Perform on The Stoller Hall stage!

Open to all musicians aged 11-17, grade 4 upwards
Register now: chethamsschoolofmusic.com

UCC ATTENDANCE MATTERS

Attendance is crucial for success at school. Our ambition is to work towards 100% attendance and it is crucial that all students at UCC to try to improve their attendance, whatever the starting point. To put absence in context:

Missing...	equals...	which is...	over 13 years of school that's...
1 day per fortnight	20 days per year	4 weeks per year	Nearly 1.5 years
1 day per week	40 days per year	8 weeks per year	Over 2.5 years of
2 days per week	80 days per year	16 weeks per year	Over 5 years
3 days per week	120 days per year	24 weeks per year	Over 8 years

A series of posters, with the aim of informing students about absence, will start to go up around school. An example is given on the next page.

Attend and Achieve

100% Attendance



Well done, you'll
be entered in
the prize draw!

95%

You're nearly
there, but your
Form Tutor will
call home to check
everything's OK

98%

Excellent,
you're in with a
chance of winning
a great prize

90%

We're really
concerned about
your attendance.
Our Attendance
Officer will call
home

92%

We have concerns,
your Head of Year
will call home



vision: **BEST in County**

Ambitious



Caring



Equal

UCC is an ambitious, caring community where everyone is equal

#proudtobeUCC

vision: BEST in County

Ambitious • Caring • Equal



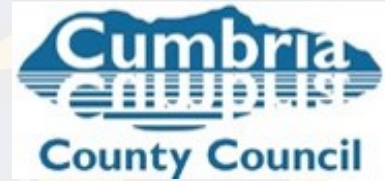
#proudtobeUCC



HELP WITH SCHOOL meals and CLOTHING

The current situation is proving difficult for many people; free school meals and clothing vouchers are available if you receive one of the following qualifying benefits:

- Income Support (IS)
- Income Based Jobseekers Allowance (IBJSA)
- An income-related Employment and Support Allowance
- Support under part VI of the Immigration and Asylum Act 1999
- Child Tax Credit, provided you are not entitled to Working Tax Credit and have an annual income (as assessed by Her Majesty's Revenue and Customs) that as of April 2012 does not exceed £16,190. *Note:* From 1st May 2009, where you are entitled to Working Tax Credit during the four-week period immediately after your employment ceases, or after you start to work less than 16 hours per week, your children are entitled to Free School Meals, this may be extended
- The Guarantee element of State Pension Credit
- Universal Credit



Please note that you may not be eligible for free school meals or clothing grants if you receive working tax credits. Children who receive Income Support or Income Based Jobseekers Allowance in their own right are also entitled to receive free school meals.

HOW TO APPLY

Where possible, all parents and guardians should [apply online](#) – you will receive an immediate response advising you whether you are eligible or not.

If you are unable to apply online, please contact the free school meals team – telephone: **01228 606060**.

Please note: Children who currently receive free school meals and clothing grants do not need to apply

RETURNING AFTER THE HOLIDAY

We look forward to welcoming students back to school on Wednesday 20 April, staff will already have returned on 19 April, for a training day.

FREE BREAKFAST FOR ALL STUDENTS

Free toast – as well as butter, jam, Marmite, etc. – is available to all students every morning from 8 am to 8.50 am in Westmorland Hall.



LOOKING FORWARD

We have quite a lot to look forward to next term, including:

- Escape to Safety event
- National gymnastics championships
- Duke of Edinburgh silver expedition
- Athletics and other sporting events
- GCSE and A-level exams
- Summer music concert



COST OF LIVING SUPPORT

With the cost of living on the rise, there will be people in Cumbria who are struggling, whether that's emotionally, financially or just because they need practical help to get in touch and seek support.

It can be daunting to search through what is on offer and to find what you need. Cumbria County Council provides information for Cumbrian residents on a range of helpful topics:

- Food support
- Financial support
- Domestic abuse support
- Energy-saving advice
- Mental health support

Click [here](#) to access the Cumbria County Council web page.



TEENAGE TAKEOVER

Cumbria's Holiday Activity and Food Programme

Book age appropriate activities today!

Welcome to Cumbria's Holiday Activity and Food Programme Teenage Takeover leaflet. This leaflet shows just a selection of the activities suitable for 11-16-year-olds in the Easter Holidays.

- Visit cumbria.gov.uk/holidays to search the full range of activities available!
- Bookings will work on a first-come-first served basis – and places are limited.
- Some activity providers offer transport. Visit cumbria.gov.uk/holidays for full details.

Who is it for?

- The Holiday Activity Programme is aimed at all school-age children and young people (age 5 – 16).
- Places are FREE for young people who receive benefits-related Free School Meals and eligible children in particular circumstances. All children who attend will also be provided with a meal.
- Some places are exclusively for eligible young people, please contact the providing organisation for more information.
- Interested in any of the activities listed in this leaflet? Visit cumbria.gov.uk/holidays to book holiday activities now!



Activities on the next page



Department
for Education

TEENAGE TAKEOVER

Ulverston Canoe Club

District: South Lakeland

Description: Join us for a canoeing journey (weather willing), prepare a healthy meal and take part in some team building games at Fell Foot, Windermere!

Transport may be available. Please enquire upon booking.

Age range: 12-18 years

Dates: 11 April to 14 April

Key Youth Project

District: South Lakeland

Description: Join us for a fashion lab, environmental crafts, sports, cooking, Easter challenges and a paintballing trip!

Age range: 11-16

Dates: 5 April to 8 April

Adventure Peaks

District: South Lakeland

Description: Get climbing this Easter! Activities include indoor climbing, games and challenges! Transport available from various locations, including Windermere, Conistown and Kendal. Check on booking.

Age range: 6-16 years

Dates: 4 April to 7 April

Cumbria Fire & Rescue

District: Eden and Barrow

Description: A 4 day young firefighter course. A chance to try out being a firefighter!

Age range: 13-16 years but will accept C&YP aged 12 if they are in a year 8 school group.

Dates: Eden: 11 April to 14 April

Barrow: 4 April to 7 April

Millom Recreation Centre

District: Copeland

Description: Have fun this Easter holidays with inflatables, laser tag, bouncy castle, arts and crafts, sports and games!

Age range: 11-16 years

Dates: 11 April to 14 April

Currock Villa ABC Boxing

District: Carlisle

Description: Introduction to boxing!

Age range: 5-15 years

Dates: 11 April to 14 April

RV Projects

District: Allerdale, Barrow and Carlisle

Description: Try out djing! Session includes progression/ variation of genres and fundamental controls and set up. How to cue tracks, knowing your music, EQing and filtering, Beatmatching and creating smooth mixes. Advanced effects runs, cue points and looping.

Age range: 5-16 years

Dates: 4 April to 8 April

Sports Works

District: Carlisle

Description: Choose from Basketball, Archery, Football, Boxercise, Drama, Dance and Gardening! Inclusive for Individuals with special education needs.

Age range: 5-16 years

Dates: 6 April, 8 April, 11 April and 13 April

Cowran Training Limited

District: Barrow

Description: Take part in animal care (ferret training!), planting and growing vegetables, looking after small animals, working with sheep and lambs and outdoor cooking and bushcraft. Open to young people with special education needs. Transport is available from certain locations, request on booking.

Age range: 8-16 years

Dates: 12 April, 17 April and 18 April

Blencathra Field Studies Centre

District: Allerdale

Description: Try Ghyll scrambling, outdoor activities and easter crafts! Transport is available from Maryport, Workington, Cockermouth and Keswick. Check pick-up times on booking.

Age range: 8-16 years

Dates: 12 April to 15 April



Cumbria's Holiday Activity and Food Programme - Eden

Book sessions in your area now!

- Visit cumbria.gov.uk/holidays to search the range of activities available.
- Bookings will work on a first-come-first served basis – and places are limited.
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- Interested in any of the activities listed in this leaflet? Visit cumbria.gov.uk/holidays to book winter holiday activities now!



Activities on the next page



Department
for Education

Serving the people of Cumbria

cumbria.gov.uk

Available in Eden

Sunbeams Music Trust

Description: Suitable for children with additional needs. Sunbeams runs sessions and activities that are tailored to improve physical, emotional and mental well-being for children. Visit the website for full details.

Age range: 5-18 years with disabilities and complex needs

Dates: 5 April, 12 April and 19 April



Euphoric Circus (Penrith and Appleby)

Description: Fun filled activities such as circus skills, free running, acrobatics, craft activities, group games, cooking and much more!

Age range: 5-16 years

Dates: 4 April to 7 April and 11 April to 14 April



Cumbria Fire & Rescue

Description: A 4 day young firefighter course. A chance to try out being a firefighter!

Age range: 13-16 years but will accept C&YP aged 12 if they are in a year 8 school group.

Dates: 11 April to 14 April

Oaklea Trust

Description: Indoor and outdoor games, easter egg hunts, arts and crafts, trips to the park, baking, decorating cakes and learning about the benefits of healthy eating.

Age range: 5-16 years including those with additional needs.

Dates: 11 April to 14 April



Euphoric Circus (Alston)

Description: Fun filled day of circus school activities, healthy eating and lifestyle choices.

Age range: 5-16 years

Dates: 3 April



Carlisle United Community Sports Trust

Description: Get involved with a Soccer camp run by Carlisle United Community Sports Trust!

Age range: 5-12 years

Dates: 5 April to 8 April

LIVING WITH COVID

From 1 April, routine testing will no longer be expected in all education and children's social care settings. This is part of the government's plan to remove remaining restrictions on society while protecting the most vulnerable from COVID-19.

Dame Jenny Harries, Chief Executive of the UK Health Security Agency, says:

"As we learn to live with Covid, we are focusing our testing provision on those at higher risk of serious outcomes from the virus, while encouraging people to keep following simple steps to help keep themselves and others safe."

Please see the FAQs below, from the DfE:

Why do you no longer recommend Covid testing in schools, colleges or other education settings?

Following expert advice, we now know that Covid presents a low risk of serious illness to most children and young people, and most of those who are fully vaccinated. Due to high immunity in society, a greater understanding of the virus and improved access to treatments, we can now focus on how we live with COVID-19.

That means we don't expect pupils or staff in education settings to routinely test themselves for COVID-19.

We continue to encourage young people to get vaccinated. If your child has not been vaccinated, you can read more about the vaccine programme [here](#).

Should my child still go to their childcare or education setting if they test positive for Covid?

No. From 1 April, anyone with a positive COVID-19 test result will be advised to try to stay at home and avoid

contact with other people for five days, which is when they are most infectious. For children and young people aged 18 and under, the advice will be three days.

Will my child's school or college still be taking measures to prevent Covid?

All settings should have in place baseline infection prevention and control measures that will help to manage the spread of infection:

- Ensuring all eligible groups are enabled and supported to take up the offer of national vaccination programmes including COVID-19 and flu.
- Ensuring occupied spaces are well-ventilated and let air in.
- Reinforcing good hygiene practices such as hand washing and cleaning.

Can my child still get a Covid-19 vaccine?

On 1 April the in-school COVID-19 vaccination programme will come to an end. However, 12- to 15-year-olds will still be able to access the vaccine outside of schools at a vaccination centre, pharmacy or walk-in centre.

Parents can book a [Covid-19 vaccination appointment online](#) or by speaking to their GP or calling 119. Alternatively, they can find a [walk-in Covid-19 vaccination site](#).

From April, healthy 5- to 11-year-olds will also be offered the COVID-19 vaccine. Vaccinations will take place outside of schools in vaccination centres, pharmacies, GPs and walk-in centres. Parents of 5- to 11-year-olds will receive a letter from the NHS with further information. [Online bookings](#) for 5- to 11-year-olds will open in April.

