

Ullswater Community College Newsletter

February 2024



#proudtobeucc

Hello everyone!

As we approach the end of another busy half term here at Ullswater, I think it's important to begin with what a fantastic start to 2024! Students, families & staff continue to work hard every day to make as much progress as we can. There are always challenges, together we can overcome those barriers to all being successful.

Once again, our year 13's and year 11's have been exemplary in the way in which they have approached their recent mock exams. These will continue after half term & if you have any questions or want to access some resources associated with revision & exam prep then please visit the website. Needless to say - Well Done! to all of our students who have, & continue to work incredibly hard inside & outside all of the classrooms.

Our newsletter is **filled** with useful information, stories & a glimpse of what has been happening in recent weeks here at UCC - please take a few moments to have a look & celebrate those recent achievements with us.

We've had an incredibly well attended & successful Sixth Form Open Evening, our academic achievement alongside the amazing pastoral support we offer to the students has meant that we have already received over 120 applications – places can be limited in some areas so please be sure to get your applications in asap; www.ullswatercc.co.uk/sixth-form/application-form/

If you, or someone you know, would like to find out more about what life is like in one of the top performing sixth forms in the county & the courses/support on offer, then please contact us via email; admin@ullswatercc.co.uk & get in touch with Mr Jackson & the sixth form team.

As always, we are committed to our firm stance on standards & behaviour & the fact that every student deserves to be in a disruption free classroom where they can be safe, happy and successful.

Our huge number of clubs, activities & interventions continue to grow & be very well attended. We want every student to access & participate in as much as possible inside & outside the classroom, breakfast, lunch & afterschool clubs, trips & visits, & to take every opportunity available to expand their horizons & cultural capital – so join in whenever you can!

As ever, stay safe, stay in touch & I wish you well for the half term break
Mr Gilby

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PERFORMING ARTS SHOWCASE

An evening of
Drama, Dance
& Music that
celebrates
Performing
Arts at UCC



Friday
2 February
7pm
in
Cumberland Hall

On Friday 2 February, over 70 students from Years 7-13 took part in the second Performing Arts Showcase Evening at UCC! The evening was a culmination of months of hard work in rehearsals & lunch time clubs that celebrated the amazing range of talent we have within Drama, Dance & Music.

We saw solos, group pieces & students pushing themselves out of their comfort zone to put on a fabulous performance evening. Miss Slattery & Mrs Key could not be prouder of everyone involved & extend their thanks to all students, staff & parents that helped to ensure the night was a success. We look forward to the next one!



Geography Field Trips

Half of our Year 10 Geography students visited Liverpool on Tuesday this week, whilst the

other half travelled down on Wednesday. This was us completing the human fieldwork part of the course, by questionnaires, pedestrian counts & environmental quality surveys. This will help us with our paper 2 UK case study, alongside paper 3 skills. Geography staff were really proud of how students conducted themselves!



Students from Years 7, 8 & 9 enjoyed taking part in the **Carlisle Panathalon Xtend** this week. Events they took part included; Boccia Blast, New Age Kurling, Floor Tennis, Precision Beanbag and Harlem Hoops...Well done all!!



Trip to Carlisle College

A group of year 11 & sixth form students took the train to Carlisle College recently, as part of their travel training & getting ready to look at opportunities post-UCC. The students had a fantastic day with a taster lesson, tour of the college & an opportunity to meet old UCC friends who attend!

NATIONAL APPRENTICESHIP WEEK

The theme for this year's National Apprenticeship Week was, 'Skills for Life'. Students can see the skills they are learning in each subject on the two new noticeboards on the Westmorland & ICT Corridors.

These skills are regularly discussed & incorporated into lessons & should be identified on a CV & letter of application.

There are several apprenticeships that are now open & these are being advertised to both year 11 & year 13 students on Google Classroom, with direct links for contact as well as closing dates.

Any student who requires some assistance with application forms, see Mrs Jones above the library.

Well done to those who have already sorted their placements for September!



Congratulations to Mrs Key & Mrs Douglas who have successfully completed training as Advanced Thrive Practitioners! UCC is the only secondary school in Cumbria to adopt the Thrive model which offers a trauma-informed, whole school approach to improving the mental health and wellbeing of children & young people. Our Thrive practitioners in school will be working with individual students and small groups to support students with emotional regulation & behaviour management in school to help them be successful learners at UCC.

We are excited to launch our new pilot later this month - **"Set to Soar"**. This is for those students who are struggling with attendance.

It will take place in person, within UCC, during Monday tutor times.

Facilitated by Specialist Mental Health

Occupational Therapists,
Louisa & Chris.



Tutor time PSHE has been used to explore the importance of **Children's Mental Health** with the help of the author Charlie Mackesy & "The boy, the mole, the fox and the horse". We've been asking big questions about what we can all do to support our own good mental health, & what we can do for each other.



The mental health & wellbeing of young people is a well publicised concern nationwide & at UCC we're always looking at different resources that we can add to our bank of support for students. Currently we have:

- Wellbeing Champions - Health Hub
- KOOTH (online service that can be accessed anytime, but is available every lunchtime in R30)
- Mental Health First Aiders - Health Hub
- An occupational therapist - By referral
- Sexual Health Drop Ins - Health Hub
- Bereavement support - Mrs Higgins, Attendance

Next half term, the UCC Chaplain will be based in school one morning a week for any students who need that extra ear to listen.

We're also really pleased to welcome the Barnardo's Mental Health Support Team to UCC. This partnership with our Health Hub will provide a new offer to young people struggling with their wellbeing or mental health.

The MHST delivers low-intensity CBT-based interventions, which are specific, outcome-focused & time limited.

The interventions offered are usually up to 8 sessions & this service works on a referral basis.



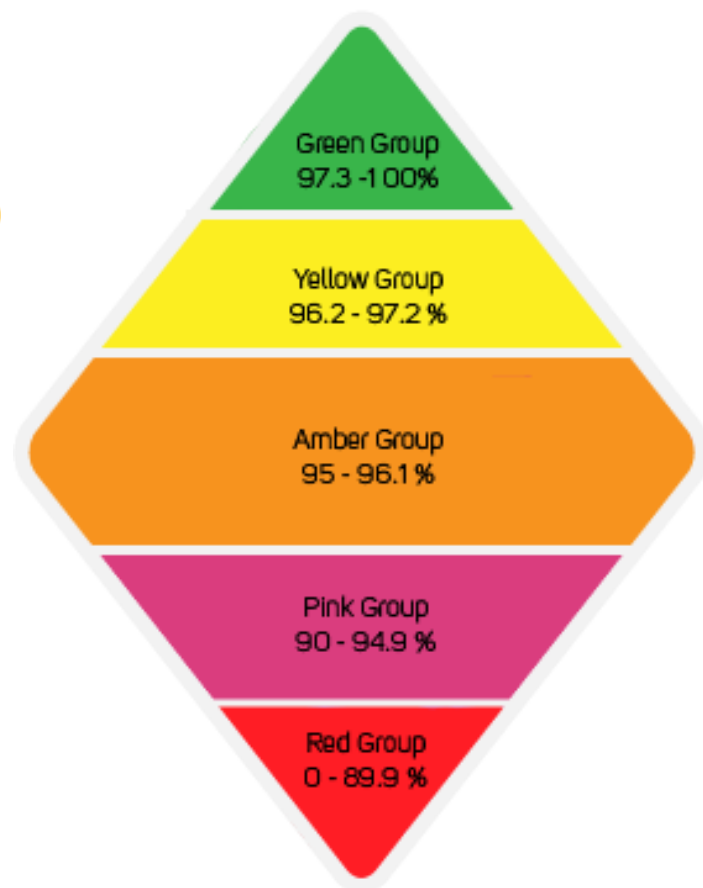
! Attendance

As I mention in every edition, attendance is one of the keys to success. It can be easily summarised as:

**Better attendance =
Better grades =
Better (and longer) life!**

Seems crazy but it really does matter that much - I regularly share with students that when it comes to securing the future they want, they are not only competing with themselves or even their classmates & year group, they are one of 600,000 students in each year group nationally. I know that you are all working incredibly hard to make sure the children in your care are in the school ready to learn at every opportunity & our ambition continues to be to work towards 100%. So it is really important for everyone to try & improve their attendance further, whatever the starting point.

Mr Gilby



GREEN	BEST CHANCE OF ACADEMIC SUCCESS
YELLOW	RISK OF UNDERACHIEVEMENT
AMBER	SERIOUS RISK OF UNDERACHIEVEMENT
PINK	SEVERE RISK OF UNDERACHIEVEMENT
RED	EXTREME RISK - PERSISTENT ABSENTEE

Attendance Matters

It is crucial that that your child attends school regularly. Good attendance is essential for a successful education. Missing out on the introduction of a new topic or skill can place a student at a great disadvantage. In Years 10 & 11 – when students are preparing for their GCSE examinations – poor attendance can and will have serious consequences. All school absence should be reported by **08:55am** - 01768 210206 option 3 or attendance@ullswatercc.co.uk

Key Stage 3 Update

It only seems like 5 minutes since we were breaking up for the Christmas holidays & now we are already at half term! It just goes to show how important it is to make the most of every day, which I am pleased to say the vast majority of both the year 8 & 9s have done at school this half term.

The year 8s have now accrued over 72,000 positive ATL's, which is an incredible effort.

The year 9s have now completed their options process for next year & have decided on the courses they will study at GCSE level.

One area that both year groups need to focus on & improve is their **attendance**, which is below the national average. As we all know, the worse a student's attendance, the worse their outcomes invariably are.

I would like to set each & every student in years 8 & 9 two challenges between now and the end of the year; first to find out what their attendance, is which can be easily done by asking their form tutor. Secondly, to improve that attendance figure to ensure their final attendance percentage is as high as it possibly can be.

I hope you all have a lovely half term break.

Mr Castle
Lead of Achievement & Standards KS3

ROTARY YOUNG CHEF COMPETITION



Current Year 6 students will receive their email on Friday 1 March 2024 from Westmorland & Furness council, confirming which secondary school they will be attending in September!

Here at UCC we are very much looking forward to welcoming approximately 270 of you!



Our students had a great afternoon/evening creating a two-course meal as part of the Young Chef competition yesterday. The event was organised by the Rotary Club & hosted by QEGS.

We are thrilled to report that Antoni K, year 10, came joint first in the competition! He therefore moves into the next round which is held in Windermere at the end of February. All students did an amazing job producing their dishes, as well as using a high level of organisation & communication skills.

Well done Antoni, Emily, Millie, Meganne & Casey!!



Some Year 9 & 10 students had a fantastic trip to Manchester at the end of January. Visiting both the Whitworth Gallery & the Manchester City Art Gallery. Great inspiration for potential GCSE options!



A huge well done to the Year 8 (U13) Hockey team this week!

Erin, Imogen, Milly, Zara, Connie, Jess, Edie, Lucy, Maisie, Keira & Halle....

They won the Northern competition and got through to the County finals.

There they came 2nd, which means they've qualified for the next round! Well done girls!



COMING SOON

Some brand new sports kit & art equipment thanks to our very kind sponsors!!!! #watchthisspace



Regional Gymnastics

Massive well done to our gymnasts who travelled down to Newcastle last month to take part in a regional competition!

U14 and U19 teams won first place!

Young Equestrian Club

The Young Equestrian club is held at Rookin House on Thursday evenings from 6.00 - 8.00pm. We have two groups; "New to riding" & "More experienced". They have been learning to groom, tack up & rug up the ponies & horses. There's a group lesson learning to walk, trot & canter, & the more experienced riders have started pole work.

The club does still have spaces if anyone would like to join the club, email; jcrocker@ullswatercc.co.uk



Table Cricket

The Key Stage 4 and Key Stage 5 groups have been receiving some training from John Hughes at Cumbria Cricket in preparation for the upcoming Table Cricket Festival. The first round will be held at Trinity School, Carlisle on Wednesday 13 March 2024. Good luck to the team selected! Watch this space for results.



The **UCC Badminton team** won the County tournament & got through to Regionals in Bolton! Well done; Noah, Dan, Nicolas, Jamie, Lily, Mollie, Claudia & Bella. Claudia & Bella particularly, they needed to win the last game against QEGS to win the tournament - they were losing 4-15 & fought back to win 21-15!! Amazing!

**#proud
tobe
UCC**

LGBTQ+

What a busy half term we've had in the LGBTQ+ community in school. We've designed Dr Who style LGBTQ+ aliens based on the 60th anniversary show that celebrated queer & trans identities. We've learnt about the Native American "Two Spirit" people & how different cultures view gender differently. We've also thought & chatted quite a bit about the word "Queer", its origins & whether we like it as a term used to define LGBTQ+ people.

Many thanks go to Hilary Snell & school governor, Jane Taylor, who shared their thoughts & support for the UCC LGBTQ+ community at our adult & child "drop in" session last month. Hilary volunteers for the organisation FFLAG & was able to share information with students about how to talk to their parents about LGBTQ+, as well as where parents & adults can find help in supporting young people in their care. This was a really enjoyable & supportive evening.

February is LGBTQ+ history month, keep an eye out on our social media for more info! #proudtobeucc



UCC remains as committed as ever to supporting students to build resilience & promote positive mental health, to facilitate them to achieve optimum wellbeing.

In 2022 we rolled out our first 'Wellbeing Champion' peer support programme training to our year 9 & year 12 students, who volunteered to undertake this role. This involved equipping them with the knowledge, skills & experience to support their younger peers to build emotional resilience, enhance their sense of wellbeing & take positive steps to improve their mental health, as well as the skills to sign post them to other complementary resources or escalate their concerns to staff, where appropriate. Training also provided information on confidentiality & safeguarding, defining clear lines of communication for addressing concerns, to ensure safe running of the programme. Volunteers have also been able to access supervision and support around the role.

Our Wellbeing Champions are currently volunteering to support their peers in our Health Hub each lunchtime & our new year 12s have been keen to volunteer in this role & attended training on this this week!



"I am part of the Wellbeing Champion team at UCC. If anyone has struggles inside or outside of school they are welcome to be assigned one of the Champions to speak to regarding these issues. This could be where you don't feel comfortable talking about things at home or to teachers, we can empathise with situations (as students ourselves), give you advice if you wish, or simply be there to listen if you need to offload. I have been a Wellbeing Champion since year 10 and have enjoyed helping year 7s coming up into secondary school as I know it can be daunting." Amelia

Claiming our past
Celebrating our present
Creating our future

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History
Month
Founded by:
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OUT**



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Better still - **Buy Books and support UCC!**

By using our link/shop - <https://www.lovereadings.co.uk/school/5714>

Every time you buy a book through *lovereadings*, they give

25% of the cover price back to UCC in credit

that we can then use to buy books for the school library!

- Their prices are competitive with at least 10% off the RRP
- We've set up recommended reading lists for different ages on our page, which is really helpful for gifts
- For more information visit;
ullswatercc.co.uk/students/library



National Reading Champions

Competition was fierce this half term as over 30 Year 7 & Year 8 students battled for a place on the Ullswater Community College's National Reading Champion's team.

12 students were selected & are now furiously reading as much as they can, in the hope of victory and triumph at the North West regional heat at the end of February.

Special mention goes to Evie B in Year 7, who is reading so much we're worried she has stopped sleeping!



**#love
toread**

Penrith Educators' Reading Group

We hosted the first Penrith Educators' Reading Group of 2024 at the start of February. School staff from a number of primary and secondary schools in the surrounding area joined us for a successful meeting full of "booky" chat. The meetings focus on children's books, with the aim of helping attendees improve their knowledge of contemporary children's literature.

Our next meeting will be 4pm on Thursday 21 March, as well as sharing recommendations & details of what works in our schools, we'll discuss "The Final Year" by Matt Goodfellow. Anyone interested in joining should email amckay@ullswatercc.co.uk.



Paired reading & numeracy is a great scheme that UCC really encourages. It benefits the younger & older students equally; learning from each other, building relationships, as well as improving reading and numeracy. It builds on communication, teamwork, empathy, understanding & responding to another person's needs.

The first cohort of year 7 paired readers have now finished their sessions with year 12 mentors. The year 7 & year 12 pairs have met twice a week since October to read together. The sessions have been a great success, all Year 7s have made good progress in their reading abilities, with one improving their reading age by a massive 23 months in only 4 months. Incredible!

The next cohort will start after the February break & will work together twice weekly until the summer holidays. #lovetoread



Mock Interviews

Mock interviews are a really valuable part of the KS4 & KS5 programme, and our careers team are often supported by the Cumbria Local Enterprise Partnership. Jo Tate from Cumbria LEP came in last month to interview our Early Years course students, they presented her with CVs & took part in the interviews with great maturity. Jo gave individual feedback on both their CVs, and interview techniques, absolutely invaluable! Well done everyone & thank you Jo!



Did you know that T-levels are coming to UCC?
From September 2024, students will be able to study a T-level in Early Years and Education.

There are three main progression routes following the completion of T-Levels:

- Skilled employment within the Education & Childcare sector, such as Early Years Educator or within education roles such as a Learning Mentor
- Higher Level apprenticeships at Level 4 & above
- Higher Education as UCAS points have been awarded to T-Levels

A T-level is equivalent to 3 A-levels - worth up to 168 UCAS points.

Please speak to Mrs McCormick if you want to find out more, alternatively visit our website;

www.ullswatercc.co.uk/tlevels-early-years/

UPS



Uniformed Public Services is back as an option for Sixth Form in September 2024. It involves lots of practical work, trips, liaising with local uniformed services. You will earn a NCFE Level 3 & it's a great option for students wanting to follow that career path. If you have any questions prior to the deadline, contact Mr Bellamy in person or via mbellamy@ullswatercc.co.uk

Sixth Form Bulletin

February 2024

Dear Parents, Carers, Students,

Welcome to the first Sixth Form Bulletin of this year. It has been a busy start to 2024 with BTEC and Level 3 external examinations for both year groups, the conclusion of the UCAS University application process for Year 13 and preparation for mock examinations for Year 12. We have launched the Wellbeing Champion role for Year 12 and welcomed back the Anthony Nolan Trust to both year groups to raise awareness of blood, organ and stem cell donation.

Oxford University Summer School Opportunity

Year 12 students are being encouraged to apply to UNIQ, UNIQ is the University of Oxford's access programme for UK state school students, it prioritises places for students with good grades from backgrounds that are under-represented at Oxford and other universities. Definitely worth applying to, each year we have at least a couple of successful applicants.

Step Up Programme

27 Year 13 students attended the first phase of New College's Step Up Programme in January. This involved a residential visit to the college, a series of workshops on personal statements and the Oxbridge application process and some excellent question and answer sessions with current undergraduate students. The college and everyone involved were incredibly impressed with the engagement and thoughtful questioning from our students.

Wellbeing Champions

Our next cohort of Sixth form Wellbeing Champion volunteers from Year 12 have been confirmed this month. They will be trained by Louisa Waite, a qualified and experienced Occupational Therapist and will work closely with the school's health hub to support younger students who are finding life difficult. This long-term project has a lasting and positive impact on both the students and the champions themselves.

Anthony Nolan Charity

To support students in learning about ways that they can be potential lifesavers, a presentation was delivered by The Iron Project, an education programme run by blood cancer charity Anthony Nolan. After the presentation, students were encouraged to reflect on what they heard and discuss this with their family and peers. They were signposted to www.anthonylan.org/hero where they could view more information and sign up to the stem cell, blood or organ donor registers, if they wanted to.

UCAS

BEST in County Ambitious • Caring • Equal

UCC is an ambitious, caring community where everyone is equal

Mock Exams

PRACTICE MAKES PERFECT

Year 13 mock exams take place during the two weeks either side of half term, 28th Feb & 1st March - 2nd February. The timetable for these exams and the external summer exams, can be found on the Year 13 Google Classroom.

Anthony Nolan Charity

The current round of University applications has now closed, 40 students sent applications to 190 different undergraduate courses from Brighton University to St Andrews, ranging from Accounting to Zoology. With an increase in admission tests and online interviews, preparing students for this additional layer to the admissions process has been critical this year. An expert from the University of Cumbria is coming to UCC this week to discuss Student Finance applications with Year 13.

To read the latest copy of our Sixth Form Bulletin please visit our website;
<https://ullswatercc.co.uk/newsletters/>

Sixth Form Application Deadline
28/3/24

ullswatercc.co.uk/sixth-form/application-form/

— HAPPY — Retirement

We would like to wish Senior Site Manager, Mr Wilson, a very Happy Retirement after 20 years! Phil joined UCC in 2004, after spending 30 years at Sharrow Bay Hotel. He's been part of the furniture (some of which he built) ever since & will be missed when he leaves later this month!



Some of our Year 9 students had a great day last week at the British Music Experience in Liverpool!

For more amazing photographs visit;
<https://ullswatercc.co.uk/items/music/>



Attendance at lunchtime Science Club has been great this year. Ms Thompson & Mr Watson run it every Tuesday - come along!

UCC Year 11 Prom

Prom Night

Wednesday 26 June 2024 | 7:00 - 11:00 PM
North Lakes Hotel, Penrith

Tickets will be available after Easter
www.ipayimpact.co.uk

COMING SOON



w/c 19 February - Final week of mock exams
w/c 4 March - Year 10 Work Experience
Thursday 7 March - World Book Day
w/c 19 March - Year 7 Parents' Evening
Thursday 21 March - UCC Careers Fair
Friday 22 March - Music Showcase
w/c 25 March - Year 8 Parents' Evening
Thursday 28 March - Last day of term



**We are looking forward to welcoming all students back on
Monday 19 February 2024**



It was brilliant to see so many Year 9 students & their parents & carers attend the **UCC Year 9 Options Evening** last month, & with over 85% attendance the students are now in a brilliant position to make their option choices.

The evening allowed the students to have face to face appointments with English, maths & science & then find out about the other subjects in the hall, where all departments were represented. It was great to hear the hundreds of positive & mature conversations that took place, where students were inquisitively finding out about what is on offer.

The next stage is the students selecting their choices so we can firm up groups & courses for next year.

[You will be receiving this newsletter on Options deadline day, but if your child has missed the deadline someone will be in touch after half term.]



vision: **BEST in County**

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t: 01768 210206 e: admin@ullswatercc.co.uk w: www.ullswatercc.co.uk

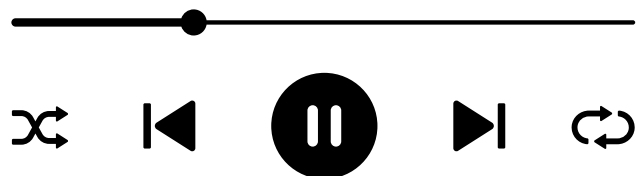
#proudtobeUCC





The first episode of our UCC Podcast was released today!! Created by Sixth form students, supported by Mr Shearer, this is aimed at Key Stage 3 students & can be heard/watched at:

www.youtube.com/@UllswaterCommunityCollege



Year 10 student/Penrith Air Cadet, Fraser, was given the amazing opportunity last month to experience flying a small aircraft at RAF Leeming. It was a two seat Grob aircraft and during the flight Fraser was given control of the aircraft - amazing!



Joining the cadets is a great extra curricular activity for students, especially those interested in joining the RAF. With National Apprenticeship Week fresh in our minds they also offer great opportunities:

- Ambitious
- Caring
- Equal

<https://recruitment.raf.mod.uk/apprenticeship-roles>

Music Extra Curricular Timetable



Day	Lunchtime: 12.55 - 1.25pm	After School: 3.30 - 4.10pm
Monday	UCC Singers (SBE, MUL) (W79) If you love singing then this is definitely for you!	Streetband (JJ, MUL) (W80) A large samba band for anyone! Come and have some fun making a lot of noise
Tuesday	Guitar & Ukulele Group (SS) (W79) For any level of guitarist or bass guitarist UCC Big Band (GL, SXB, SBE) (W80) For the more advanced saxophonists, flautists, trumpeters, trombonists, guitarists and drum-kit players!	Saxophone (GL) (W80) Theory Group (SBE) (W79) Help with music theory right up to grade 5.
Wednesday	UCC String Orchestra (KB, SBE) (W78) For all levels of violinists, viola, cello and double bass players. Djembe Percussion Group (RM) (W79) UCC Concert Band (IB, SXB) (W80) (Week A Lunchtime) For the more experienced woodwind, brass, strings and percussion players. UCC Brass Band (IB) (W80) (Week B Lunchtime) For all levels of brass and percussion players.	UCC Concert Band (IB, SXB) (W80) (Week B After School) For the more experienced woodwind, brass, strings and percussion players. UCC Brass Band (IB) (W80) (Week A After School) For all levels of brass and percussion players.
Thursday	UCC Senior Singers (SBE) (W79) A group for singers that want to push their singing to the limit!	
Friday	Training Band (SXB, SBE) (W78) For any instrument of any ability	Riff Club (DS) (W78 / W80) For any singer, guitar, bass guitarists, keyboardist or drummer to create bands

For every first week back after a holiday, there will be no extra-curricular groups running. All groups will restart the second full week back.

#proudtobeUCC



**Westmorland
& Furness
Council**



Free school meals and clothing vouchers

Apply online to see if your child or children can get free school meals and clothing vouchers. In certain circumstances free school meals are available to families with no recourse to public funds.

Qualifying for free school meals and school clothing vouchers Benefits you receive

Your child may be able to get 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. Also your 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 your household income is less than £7,400 a year (after tax and not including any benefits you get).

Westmorland & Furness Warm Spots

A welcoming space for people to visit this winter if they need it.

To find places in your area visit;
www.westmorlandandfurness.gov.uk/warmspots

Apply for free school meals and school clothing vouchers

If you already get free school meals and clothing grants you do not need to apply for each school year.

➔ [Apply for free school meals and school clothing vouchers](#)

- Where possible all parents and guardians should apply online. You will need to register on the Citizen Portal to do this. If you apply online you will receive an immediate response telling you if you are eligible for the vouchers.
- If you are unable to apply online please contact the free school meals team - telephone: **0300 373 3300**.



<https://www.westmorlandandfurness.gov.uk/schools-and-education/free-school-meals-and-clothing-vouchers>



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The Regent
Old London Road
Penrith
Cumbria
CA11 8ET
Tel: 01752 366795

Have you seen our Family Space



<https://virtualfamilyspace.barnardos.org.uk>

Barnardo's Reg. Charity Nos. 216250 & SC037605