



Uffculme
School

Uffculme School
NEWS

Autumn 2021

Excellence is a habit

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building excellence



Uffculme
School

Excellence is



In our school
strong **ETHOS**
CORE VALUES

RESPECT
TOLERANCE
COURTESY

Artwork by Mel Van-Aerle (11 Foster)

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er, 2021)



Dear Parents/Carers

As we move further into this academic year, one of my convictions is that whilst Covid remains a real challenge to us, it should not limit or define us as a school. Inevitably the past 18 months have been dominated by this pernicious illness that has posed such a threat to individuals as well as to our wider society, but as things move forward it is essential that we start to look beyond this challenge to the future. And that is what we have been doing since returning back in September, all the while keeping a watchful eye on maintaining the necessary protective measures to keep our students and staff safe.

As we started the year, I shared with staff and also our students, something of our plans for the school over the coming 3-5 years. These are deliberately ambitious, as we want the very best for our students. Children only get one shot at their education, and therefore it is our responsibility to ensure that it is the very best it can be in all areas. And that is why we started our planning by reflecting on our hopes for each student, and I wanted to share some of these with you, so you can join with us in striving to ensure that this happens.

What do we want for our students?

- We want to prepare and equip them so that when they leave us, they will have access to the very best life opportunities available to them. This involves ensuring that they leave us with the strongest possible portfolio of qualifications – not just in terms of academic grades, but in other areas of achievement (such as the Duke of Edinburgh Award scheme; Arts Awards etc).
- We want each one to have the highest possible aspirations for their future lives – to believe in themselves and never settle for just getting by, but rather to aim for the highest.
- We want our students to believe in themselves and be confident and self-assured young people who respect and value themselves.
- We want each one to develop a strong set of positive values – to be respectful and courteous to others, even those that are different to them in one way or another, and to treat them just as they themselves would want to be treated.
- We want every student to feel safe at all times, and to know that if another person threatens or bullies them, there is always help and support available for them.
- We want our students to be happy and to have fun during their time at Uffculme School. We want them to build great lifelong memories of their time with us, that they will look back on and want to share with others – stories of the good times they had.

These are just some of our aims for students, and they are not empty words – indeed they are the values that have always been at the heart of Uffculme School. However, now more than ever (after all the disruption and turmoil that we have all faced), is the time when we need to look to the future, re-focus our energies and together work to make this the very best school we can for our young people. This is where our focus is for this year and beyond, and with the support of all those associated with the school – staff, students and their families – I am confident that we will together make Uffculme School an even better place in which our students can learn, grow and prepare for the future.

- Alan Blackburn (Headteacher)



To be selected as Head Students, we wrote application letters to Mr Blackburn to be considered by all members of the Senior Leadership Team. 16 successful applicants were chosen for the Senior Council and we all then proceeded to video our persuasive speeches so that the rest of the school could vote. From these votes (and thank you very much to everyone who took part and cast a vote), the top 2 girls and boys were chosen for brief interviews – which took place online and in person depending on individual self-isolation situations – with Mr Heard, Miss Francombe and Mrs Poortman to determine the new head students and their deputies.

One of our priorities this year is helping everyone find something extra-curricular that they can get involved with. That's why you would have seen us all helping with the club fayre just before half term. We designed posters to advertise the event and then helped run stalls to promote the many clubs on offer. The first thing from us, as a Senior Council, is to say please try to get involved with as much as you can. There are fantastic opportunities

available for you at Uffculme and they are a great way to make new friends, try something different and have some fun. We all know the impact it has and that is why we are so keen to encourage you!

So far this term, we've already been very busy in our new roles. Firstly, we showed two visitors around the school whilst answering their questions about how pupils are kept safe in school – this was far harder than any other tour we have done. We also assisted during Open Evening by giving a speech as part of Mr Blackburn's talk.

Alongside the Senior Council, we have all been extremely active in school. Even before we were in Year 11, we toured small groups of students from Year 6 (who are now in Year 7) round the school due to the usual Induction Day not being possible due to COVID restrictions. Then, whilst the rest of our year group enjoyed the last day of their summer holiday, we were in school assisting those Year 7 students to settle in on their first day and even enjoyed briefly having the Art Café to ourselves! Helping with the Uffculme Challenge made up for this extra day as we staffed checkpoints before making our own way back to school. Most importantly, we still got a pasty at the end!

We've also been regularly meeting since the term began to organise the distribution of home testing kits and have a quick chat about any upcoming tasks, such as the above mentioned Open Evening or club fayre.



(cont. overleaf)

Student Council News

Earlier on in the term, two of us put up our new display board in the Crush Hall so you can see who we all are after having a photo shoot one morning. Some of us have been involved with the Eco Council. We've also chosen the colour of the Y11 ski trip hoodies (burgundy narrowly beat sky blue) and then decided on the style of our leaver's hoodies for next year (we unanimously went for the 'team' design).

Sport fixtures are thankfully back. As well as our roles as head girl and boy, we are also prefects for German and PE respectively. Being a prefect for PE involves helping at a sports club and doing some admin in the week, whilst being a prefect for German includes putting up displays, organising resources and running lunchtime vocabulary clubs.

As we look forward to next year, Year 11 pupils have also had Exeter College, Richard Huish College, The Maynard School and Petroc come to give detailed talks on life beyond Uffculme School, why to choose them for further education and the wide range of choices available to us for our post-16 education. This has been brilliant as it has increased our awareness of the range of choices out there.

That's all for now. We'll be updating you on further school council achievements in the Spring Term newsletter.

- Freya Gray and Joe McQueenie



Year 7 Highlights

Excitement, apprehension, nervousness, elation, worry, wonder...what went through your child's mind on the morning of September 6th? Can you actually remember now that they are 8 weeks into their new adventures of secondary school, especially if you compare to how they are now?

Every student will have come on a different journey over the course of those weeks, some smooth, some winding – hopefully now the emotions are settled (yours as well as theirs). From my perspective the year group has been uplifting, to sum them up in seven words (being Year 7) they have shown themselves to be attentive, hardworking, positive, determined, caring, polite and humorous.

Not only have they adopted this mindset within the classroom but they have equally thrown themselves into the extracurricular opportunities that have been on offer to them.

- Ms Bartlett, Head of Year 7

Several students have offered their views on life at Uffculme School so far:

My favourite thing about Uffculme is that everyone is so welcoming and kind, always showing me where to go and giving up their time to help me.

- Liam

My time at Uffculme so far has been amazing, especially considering I had no people who came from my previous school. I have loved subjects such as Music, P.E. Drama and Art.

- Mylo

I like the library because it is bigger than the one in my primary school and there are more books.

- Joel

So far at Uffculme I have really liked the huge variety of meals and food in the canteen and how nice all the teachers are.

- Elliot

I have really enjoyed doing all the practicals in Science and also the cooking in Food Tech. I have also enjoyed doing all the sport as we didn't do much in primary.

- Jessica

I've had a great time here at Uffculme. I feel privileged by the different opportunities I've had: to experience in depth teachers, meaningful lessons and many opportunities to experience extracurricular activities. Overall, I think I've had an amazing term.

- Anon

I have greatly enjoyed the many clubs I have joined such as the sign language and running club. My fondest memories are of the fun lessons with Mr Bertram who never fails to make us chuckle.

- Edward

Some of my favourite moments have been when we did our first practical using Bunsen burners in Science.

- Florence

My favourite moment so far was when I was introduced to my tutor group.

- Oliver

I love that you can do anything at lunch, you can just be you and not get bullied.

- Imogen

Year 7 Highlights

I never thought I would enjoy netball, but Uffculme encouraged me to do it and now I love it.

- Maisy

There are a lot of caring staff who push you to achieve the best you can to secure your future. It feels like a community where you are safe.

- Jamie

I love Uffculme School because I have always wanted to perform in the Venue with my violin and now I am being able to do this because of all the opportunities at this school.

- Elma

Rugby has been great at Uffculme because I have worked hard with new people I have never worked with previously and learnt new skills.

- George

My favourite thing about Uffculme is the independence.

- Olivia

I like getting the credits because they give me a sense of achievement.

- Benji

Walking into the tutor each morning and feeling welcome is amazing.

- Ella

I do enjoy having a fob and being able to buy all the yummy food.

- Alfie

I can't believe how many clubs there are! At the moment I do three, but my favourite is basketball. I have already made loads of new friends and I am enjoying myself at Uffculme Secondary School.

- Brendan

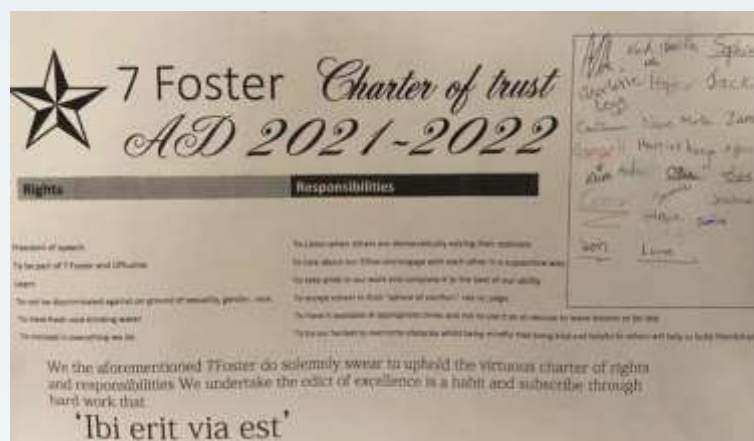
I go to basketball club, so far 100% of what I expected. Developing new skills and playing games, an effective way of relaxing after having French. I look forward to having a great time in the future.

- Igor

My experience at Uffculme School has been a bit tricky; it started off a bit hard and it is much more tiring than primary. But I have got used to it every day and it has been getting better. I have made friends and I have joined clubs and I feel a lot happier than I was at the start of the term. It has been a great experience.

- Anon

7 Foster have made a class charter of trust



Year 8 Highlights

Year 8 have hit the ground running since returning in September. The students have proven themselves to be up to the challenge of working hard in the classroom, competing fiercely and fairly on the sports field as well as going above and beyond in all their other endeavours.

On only their second day back the year group were faced with a task of creating a tutor magazine. The competition to create the most varied and interesting articles was won by 8 Bertram, but there were solid efforts from all the tutor groups and it set the tone for how the students began the year: positively and full of enthusiasm. I have been in lessons with students who were engaged in finding out about Gothic writing, climate change and perspective drawing to name but a few topics.

In addition to endeavours in the classroom, the students have been testing their mettle in sports. The half term ended with the Cross Country competition, which was keenly contended, with Ruby Woodman eventually proving victorious in the girls' competition, with Corey Greenway winning the top spot in the boys' contest. The football team reached the third round of the national cup before narrowly exiting in a dogged display against a strong Torquay Boys Grammar side. The boys put in a spirited performance in their rugby fixture against Holyrood earning a 15-15 tie. The netball and hockey teams are currently preparing for fixtures beginning next week.

My personal highlight of the Autumn Term so far has been the Uffculme Challenge day. Whether participating in the school challenge or out walking in the local countryside, the students performed admirably and showed all the qualities we have come to expect of them. The perseverance, determination and togetherness demonstrated by the groups was a joy to behold, and to see such care and consideration for fellow students was a magnificent sight.

- Mr Burt, Head of Year 8

Year 9 Highlights

I am really pleased to say that the year group have begun this year in a very positive way. Students have been calm and sensible around the site and lessons have been focused. I have been really impressed with the students' continuing adherence to the Covid safety measures that have remained in place, including the wearing of face masks and use of hand sanitiser. As we continue through these still tricky times, it is helpful and positive to have the year group pulling together on this.

I have been really pleased with the uptake of extracurricular activities this term. There is a strong cohort of Year 9 students involved with our production of West Side Story in a variety of roles both on and off stage. Others have been involved with sporting activities – at the time of writing, the rugby team remains unbeaten; this is a huge achievement and something I know they are proud of. As we continue through the year please do encourage your children to continue to grab the opportunities that are offered to them. We are delighted to be able to offer a range of activities and there is an irrefutable link between regular commitment to clubs and activities and a young person's overall happiness at and enjoyment of school.

Earlier this month, the year group took to countryside on the Uffculme Challenge. It was great weather for it and the students were very good company on the long walk. It was fantastic to see them succeed at this challenge, especially as they hadn't been able to do it last year. A number of students had worried that they would struggle with it, so it was especially good to see the pride on their faces when they got to the end.

A group of students were invited to watch a performance recently by the renowned theatre company Paper Birds, "Broke", which was a verbatim performance about the struggles associated with debt. Both Mrs Croft and Mrs Duncan were impressed with students' impeccable behaviour and the interest shown in the work. More students were involved with the STEM activities recently put on by the Science department.

Finally, I have been delighted to see so many students sign up to the Bronze Duke of Edinburgh Award this term. This is a brilliant opportunity to learn new skills and take part in a range of activities. These experiences, like their involvement in other extracurricular activities, are often the things that stick in the minds of students long after they leave.

Well done on a strong start, Year 9. As always, remember to work hard, get involved and be kind.

- Mr Hagan, Head of Year 9

Year 10 Highlights

Year 10 have had a brilliant start to their KS4 at Uffculme School. It has been a pleasure to join the year group at this stage in their journey at Uffculme School. They're a brilliant group of young people, with huge potential to do very well in the future. I've spent the last several weeks of the term getting to know them through learning walks in their lessons and personal development lessons and around the school. I'm hugely impressed by their positivity and their care for each other. I would like to personally thank the staff for the fantastic manner in which they have provided an enthusiastic start to the students GCSEs. My main reflection at this point is to encourage the year group to seize the opportunity that lies before them - if they want to do well and they put in the time, effort and concentration, our experience tells us they will leave Uffculme School proud of their achievements.

By the time you read this you may have been able to view our 'Introduction to KS4' evening and I wanted to emphasise a few key points from this presentation. This year will pass very quickly, so it's worth developing good habits now in preparation for the challenges students will face during their GCSE courses. We recommend that all students try to have dedicated home-learning spaces and times in which they can complete homework, retrieval, and revision tasks that teachers have set them. We want them to do well, so we ask them to have great attendance, to work hard and to be kind. Attendance is crucial: dropping to around 90% means missing one day's worth of education every two weeks. Our teaching staff work hard to support all students, so we ask students to match this effort with their own - the GCSE qualifications reward those who put in the time and effort. We anticipate students to be working for one to two hours each night during the week, plus additional study over weekends during this year. Although this can seem like a lot, there is a clear difference in the results of students who do and do not apply themselves to this.

The students have also had the opportunity to attend our Post 16 careers fair and have important conversations with colleges and apprenticeship providers about the next step and selecting the courses which are right for them. We will further support these choices with the colleges delivering to the students during assembly time and through working with our careers advisor Sally Trump. Sally provides impartial individual advice and guidance for all ages to all students, from one-to-one interviews, group work and parents' evenings. The students should also be starting to think about Work Experience placements and the information booklets and required forms have already been sent home but are also available on the school website. Many placements are highly sought after and go very quickly. It is essential that students apply for preferred options as soon as possible and may need to apply to several organisations (due to the impact of Covid restrictions) but this is developing learning and employability skills which are part of the reason for running the Work Experience week.

It has been great to see the students involved in the thriving extra-curricular opportunities at Uffculme School. Individual departments have been running lunchtime and after school activities for students to enhance their school experience and I am pleased to report that there has been a huge uptake from the Year 10 students. The Duke of Edinburgh Award is ongoing, and we currently have 96 Year 10 students working hard towards the accreditation. With the students continuing commitment and with your support, we can make sure Year 10 is a brilliant experience for everyone involved.

- Mr Lane, Head of Year 10

Year 11 Highlights

Year 11 have had a brilliant start to their final year at Uffculme School. I've been really pleased with the effort and commitment in lessons so far and the recent reports have been some of the students' best yet. When Mr Roberts and I have popped into lessons it has been pleasing to see the positive way in which students are approaching their lessons and the quality of work produced has been excellent. Year 11 pupils have at least 2 hours of private study timetabled for them due to sitting GCSE RE exams in Year 10. They have approached this private study time in a mature fashion and benefitted from focussing their work effort on subjects with coursework as well as revising for their mini assessments. This is an important part of our preparations for the summer as it gives both teachers and students a clear indication of what each individual student does and does not understand; it also gives the students vital practice in working under exam conditions to reinforce their confidence ready for the summer examinations in 2022.

Year 11 Highlights

The students will have a further opportunity to gain this practice in the Year 11 mock exams in January. On top of their work in class, homework and independent study outside of school is fundamental to a student's success. We anticipate students to be working for one to two hours each night during the week, plus additional study over weekends throughout this year. Although this may seem demanding, there is a clear difference in the results of students who do and do not apply themselves to this. Their summer exams may feature questions related to any part of their two-year courses, so independent revision of last year's content, as well as that which is studied this year, is important. This process should be beginning now.

Aside from academic studies, Year 11 are beginning their college applications and have already had school visits from Richard Huish and Exeter College. The students will be able to have regular discussions with our Exeter College advisor over the half term in order for the students to select the courses which are appropriate to their individual needs. They also have access to 1 to 1 meetings with Sally Trump who is our careers advisor. The goal with all this support is that students start completing their college applications online as soon as possible. They can complete applications for multiple colleges so they do not need to make a final decision just yet but must make their online applications a priority. Our post-16 evening in November also gives pupils the chance to see sixth form providers from the local area and all under one roof. This experience is extremely valuable as pupils can ask questions about the courses available in a face-to-face setting.

Year 11 pupils have had the sole use of the Art Café and have used the space sensibly. The more relaxed setting is a real treat for pupils and a great space for them to converse with friends at break and lunchtimes.

123 Y11 pupils are excitedly anticipating the school ski trip which departs on 11th December. Many attended the dry ski slope in Plymouth during activities week which gave them a flavour of what is to come in Austria. I am sure it will be a trip that many will remember for a long time in the future.

The year group seem to have a good balance between the hard work that is inevitably involved when in Year 11 and extra circular activities that strengthens their social skills. Although the next six months will be difficult, I have no doubt that they will strive to do their very best both in and out of the classroom.

- Mr Heard, Head of Year 11



Year 11 Geography field trip to Bristol

House Points Update

The House Competition is well under way for this year. We've had the annual House Cross-Country run in PE lessons as well as the Year 11 Punctuation Competition which is always a tough challenge for the students involved. Our yearly celebration of European Languages Week resulted in tutor group quizzes and staff contests to show off their own language skills in lessons for students to vote for – Mrs Luing-Holmes and Mr Hagan stealing a victory here taking nearly whole Music lessons in fluent Spanish! Our Librarian, Mrs Davies, ran an insightful tutor quiz for Black History Month; Mr Hague has started a fantasy football league for students to earn House points and the auditions for this year's school production also earned students points for their House. We've been trying new competitions this term in the form of "Uffculme does University Challenge." This has involved individual qualifier quizzes at lunchtimes in preparation for a live team finale in the Venue later in the year. I was very proud to achieve a respectable score myself on the general knowledge quiz put together by Mr Wilson and Mrs Davies from our Science Department.

The remainder of this term looks to be jam-packed with plenty of variety and opportunity for students to get stuck in. Rocket Building Club, Textiles Club, Graphic Design Contest, Geography Award, Year 7 Castle Building, Eco Challenges, MFL Christmas Cards, Inter-Faith Week Quiz, Rugby and Netball competitions in PE lessons and a Festive Food Quiz are all on the menu! That isn't even mentioning my personal favourite (if I'm allowed favourites) which is the Winter Photography Competition which is expanding to include all seasons as Miss Brain and Mr Bertram have an eye to making a calendar from winning entries.

I am currently in the process of appointing new Year 10 House Captains who will help the House System to run effectively and evolve to meet the needs of the students.

Craddock House won last year's cup and stopped Gaddon gaining the hat-trick (for the second time in the cup's history).

This year is all to play for and it is very close with the current standings at the time of writing (early-November) being as follows:

- Mr Osmond

Current House Scores:

(As of November 2021)



CRADDOCK
3920



GADDON
4350



BRIDWELL
4630



YONDERCOTT
3720

The Cameron Cup for Writing



2021 Winners

At the end of the Summer Term, KS3 pupils took part in the annual House Writing Competition, dedicated to the memory of David Cameron. This year's theme was 'Things for which we are proud'. There were hundreds of wonderful pieces from across Y7, 8, and 9, so it was a real privilege to judge this year's entries. It was incredible to hear pupils writing about their own achievements, which can actually be quite challenging to share publicly. You can read the runners up and year winners below. Our overall winner this year was Joe Moore – now in Y10. I know that he was very **proud** to have the **Gaddon house colours** on the cup.

- Mrs Poortman



Libby Baugh, Jo Moore and Alfie Aldridge

Robyn Langford – Y8 Runner up

The first walk was wet; soaked through to the skin. Slipping and sliding across muddy fields, trying to stick red stickers onto a soggy booklet. Even through the rain and menacing sky, the eight mile hike was thoroughly enjoyed.

The second was hot, swelteringly hot; sweat sticking to clothes and caked in oozy sun cream. The sun draining away all our energy and leaving us to drag our tired feet up steep hills. We finally finished feeling like we could not get any hotter. Now my pride is contained in a small red and gold badge pinned on my blazer.

Libby Baugh - Y8 runner up

I began the journey well as I saw it. Wobbling along through my lifetime. I saw a ball, drifting away from the court, rolling away from reality. It looked sad like it was deflating all the happiness out. I walked over. It was rolling around like a lost dog so I walked over, cautiously; for some bizarre reason I was scared. I was like a cat going near water. This time I walked over picking the lonely, sad, deserted ball up. I walked over to the hoop, walked back to half court and shot and it went it.

Alfie Aldridge – Y8 Winner

The ball rocketed from the sky like a meteor speeding towards Earth. It was an instinct. My feet moving independently: dribbling, dodging, and weaving between the rival players. They were stunned with the nimble footwork displayed. The goal was in my sight. There was no stopping me. The goalkeeper, a brightly coloured hulk, rushed out in a valiant yet futile attempt to halt my assault. I shot. The net billowed and I felt adrenaline racing through me, my heart thumping painfully in my chest. I was invincible, undefeatable and unbeatable. I felt like the world was at my football-booted feet.

The Cameron Cup for Writing

Leah Toon – Y9 Runner up

On May 18th 2021, I opened up about my mental health. I had been struggling with it for a while. It only started to get bad in the first lockdown. My mum was upset when I told her, but she went through it when she was my age. I still have my bad days. Don't get me wrong. There are days when I'm quiet and don't want to talk to anyone. But I've found that opening up helps a lot. Just because someone looks like they are fine, doesn't mean they are okay. I didn't open up about it for a long time because I felt as if I was going to get judged. But I'm glad I opened up about it.

Oliver Verdon-Smith – Y9 Runner up

The personal achievement that I am most proud of is the time when I learnt how to abseil down a large cliff. Standing at the top of the cliff, I felt extremely anxious, nervous and very scared. I was watching others go down and thinking can I do this? I decided to take a leap of faith and once I had started going down I loved every minute of it. I felt confident in my strength and ability. It was exhilarating leaning backwards facing the rock, slowly

Luke Thomas – Y9 Winner

I can remember casting the line across the canal and letting it sink down to the bottom. The water was crystal clear and I saw the line as the tail fluttered down after it. Once it was on the bottom, I started twitching it back.

Then it happened. The shadow charged out of the bridge and onto my line! At first, I thought it was a pike; my heart sank, but then I saw the stripy side of a perch. I pulled it onto the bank, unhooked it and put it back. My breath was coming in ragged intervals.

Ruby Rolinson – Y10 runner up

Just taking part was never an option. Years of stretching, conditioning, training and listening to the droning voices of coaches, like wasps trapped in my own personal Orwellian helmet.

Imagine dedicating your whole childhood to a sport. Blood, sweat and actual tears. The joy of breaking my arm. Always the excuse. Sorry I can't. I have gymnastics tonight, whenever friends asked to hang out.

Well, the moment had come. Harder than the perfect bun, mastering a double flick, harder than winning gold. The time had come to give up my gym routine, to proudly step forward onto 'life's mat' and win.

Ruby McCombe – Y10 runner up

A strong fever, pounding headache, and one positive COVID-19 test result later, I found myself sitting on a seat staring dead into a Zoom call. However, this wasn't just any Zoom call - it was the greatly anticipated Devon round of the Junior Public Speaking competition that we'd been building up to for months. Committed to my teammates, I knew I couldn't let them down. Speaking through my introduction should've been easy, but the intensive distraction of COVID-19 pulsing through my veins made it almost too hard to handle. After minutes of struggling, I had finally finished. I had made it!

The Cameron Cup for Writing

Joe Moore – Y10 Winner of the Cameron Cup for Writing 2021

You prepare: mind racing, hands like an earthquake. You're on the edge preparing for the worst.

But you plunge forward.

Everything bursts into action.

Like a bullet in your chest.

In fear yourself.

Every feeling of joy.

Vibrant emotions feeling like a child with a new toy.

Everyone cheers as you overcome your fear.

But most of all after this, you should

B E L I E V E

because no matter how much you fear, nothing can stop you

B E L I E V E

pride for yourself can be many things,

but pride for a community, hobby,

identity or sexuality

can never be silenced.

It is forever





We were really fortunate to be given the opportunity to take part in an engaging and informative day, learning about Henrietta Leavitt's contributions to astronomy. The day was led by a team of enthusiastic and knowledgeable people. They were all really friendly, making the day enjoyable for everyone.

The day commenced with some interesting activities, where we discovered the works of different astronomers and how the universe functions. A team of three actors then performed an inspiring and thought-provoking performance about Henrietta Leavitt's life. We were then very fortunate to be joined by a University Lecturer who spoke about her journey in physics and how it has shaped her life. The students who took part in this day were very grateful for the activities that were provided for them.

- Abi Churchward, Alice Denning, Molly Al-Hussaini



Art Department

The Art department has really enjoyed the slight relaxation of bubbles and the opportunities for all students to access the studio spaces. Lunchtimes have been busy with students taking the opportunities to get involved with developing their own practice and completing work to a high standard. Years 9 and 10 have relished the opportunity and their work has been really impressive. The younger years have really gained with the opportunity to see the working practice of older year groups.

A reminder that the Art rooms are available at lunchtime and breaktime for help by staff and prefects with their homework and assisting with uploading work.

We have some formal opportunities to get involved in Art in the Art block:

Monday Lunchtime: ArtsAward Club for all years with Mr Bertram.

Monday 3:30-4:30: GCSE support with Miss Guest.

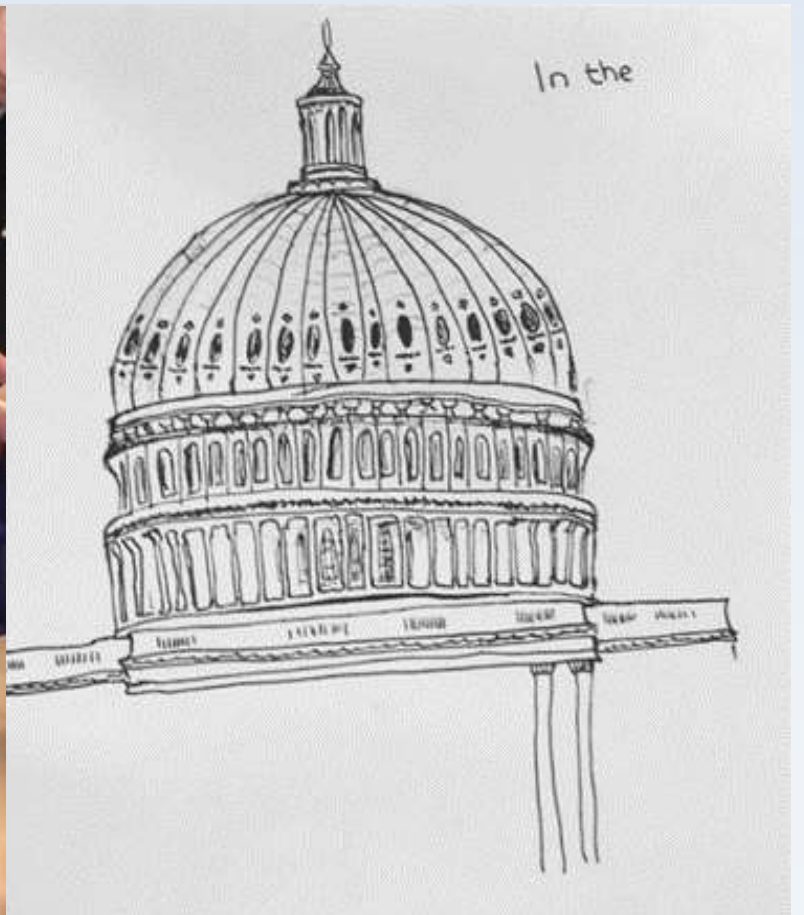
Tuesday lunchtime: KS3 Art club and ArtsAward with Mrs Rhodes.

Tuesday 3:30-4:30: GCSE support and extra ArtsAward.

We have relaunched the ArtsAward clubs. ArtsAward is a formal qualification in the Arts. It can be taken at a student's own pace and is a fun and engaging way of accessing the Arts. At Uffculme we offer the Bronze and Silver award. Students should talk to the Art Department if they would like more information.

- Mr Bertram, Head of Art







First thing in the morning, we watched a video showing how to recreate Julie Gaskill's process. This consisted of firstly applying a base colour using a paint roller, and varying textures with bubble wrap and a bristly brush - one technique was pressing bubble wrap into some paint, for example red, then onto the canvas on top of a different colour, for example yellow. Afterwards, we sketched an outline of one or two trees, then went over it with black paint using a thin brush; then, tearing a piece of cardboard, we dipped the textured end into white paint and dragged it from the outline into the middle of the tree in order to create tone and texture. Finally, choosing a few contrasting colours, we painted over all the colour that wasn't inside the tree to isolate and draw the eye to them.



The next thing we did was draw some cartoony pieces, following the lead of an actual illustrator, Jason Chapman, after he introduced us to the process and his previous works to give us inspiration. Then, we chose an image of a person, and one of an animal from an encyclopaedia, and we were tasked with "mixing" them together to anthropomorphise the animal; personally, I chose a red fox and a person on a motorcycle. Using a piece of acetate, we began by drawing the outline in pencil, and going over it in paint pen; then, we coloured over the lines - but not outside them - to "fill in" the outline. Finally, the acetate was flipped over, leaving the final product.

There was a lot of hands-on work and interactivity, allowing everyone to try new aspects of art in a stress-free environment. Personally I enjoyed the illustrations more because of the additional creativity allowed to mix any animal and any human, no matter how bizarre or nonsensical, although painting the trees was still fun, especially applying the white paint for texture, as it was an innovative technique to replicate a tree's bark.

- Eli Bottrill, Year 11



Personal Development

It has been a busy but fantastic term for our students and their PD curriculum! In year 7 students have been focussing on what it means to be part of a team, they have taken part in outdoor teambuilding games with Mr Eve and their tutors. This term students in year 7 are looking at Values and how these link to our school and each other.

In year 8 and 9 the students have a carousel of activities that cover a varied content. They rotate through all the subjects through these two years, building and gaining in knowledge so they can both at school and later in life have the facts they need to make sensible choices that keep them safe. In September we sent letters to all parents and carers outlining the content for their students.



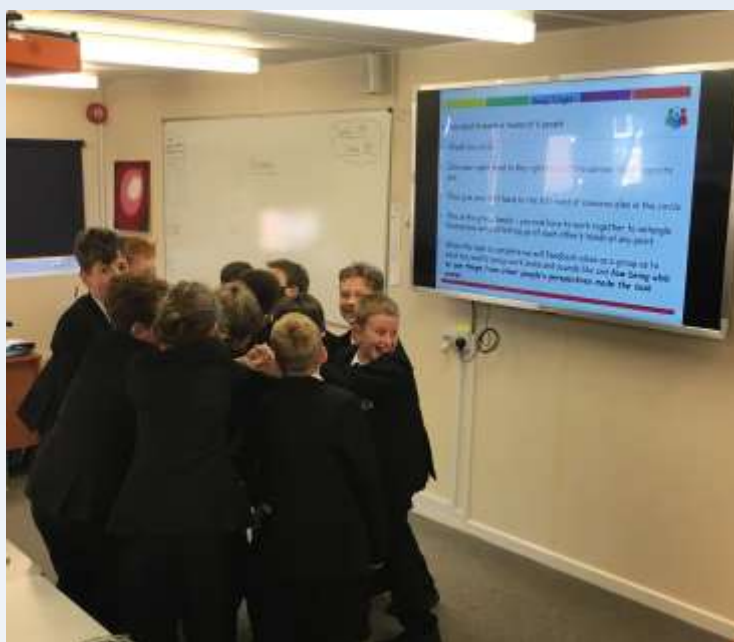
All resources from these sessions will be cascaded through school to support students with their exams and assessments going forward. More information is available on our website.

More recently, all year 10 and 11 students have been taking part in our school awareness campaign around Sexual Harassment, gaining a greater understanding of where they can go for support and what behaviour is not appropriate. The students in these sessions have been engaged and taking part in some brilliant discussions.

For all of the PD curriculum, it allows a safe space for students to start a dialogue with each other and gain a greater understanding on topics that matter to their wellbeing. We accept that for some sensitive topics such as behaviour it is not a quick fix, but it is the start of their education and hopefully understanding of the impact of some of their choices both now and in their futures.

As part of two of these carousels; Law and Order and Drug and Alcohol Awareness, we are fortunate to have had some external speakers in to support the content. For two tutor groups in year 8 had visits from local magistrates where they took part in a mock trial and for two other year 8 tutors DC Bingham spoke to some year 8 students around Drug safety and awareness. All students in year 8 will have the opportunity to attend these talks as part of the carousels.

Our Personal Development curriculum does not stop in KS4. Both year 10 and 11 have had various opportunities over the last term. On Tuesday 28th September, year 10 and 11 students had the option of attending a session with external speakers on revision techniques with MADE (Exams Made Easy). It was hugely supported with many parents and students attending after school.



Images: 7 Mitir enjoying the team building exercises.

In History this term we have had some exciting opportunities to win House points. Year 9 have been tasked with creating a trench cake, which dovetails with their current topic of study, WW1. They have also had the opportunity to handle artefacts from over 100 years ago during their lessons.

Year 7 can enter the castle building competition where they can make a model of a Motte and Bailey or Concentric Castle in anything they like, apart from cheese! We have had some very interesting creations in the past and look forward to sharing this year's entries with you in the next newsletter.



The History department was very happy to be able to open its doors to all the prospective pupils on open evening. We had a murder mystery to solve in one room, and in the others there was the opportunity to learn about medieval medicine and experience life in the trenches.

We had wonderful pupils who got completely into character as Plague Doctors and WW1 soldiers. We couldn't have done it without their commitment to the roles.

60 of our Year 11 students went on a residential trip to London focusing on the 'Crime and Punishment' area of their GCSE course. Look out for photos in the next edition of the newsletter.



Languages Department

Loving Languages Week

In October, we celebrated the importance and diversity of native languages which we have here at school and throughout the world during our Loving Languages Week. Years 7 and 8 were treated to an assembly presented by students and staff who are fluent in at least two languages! They all presented facts about the benefits of language learning whilst speaking a multitude of languages: Polish, Portuguese, Russian, French, German and Hebrew. Each student was selected from each year group and their efforts were inspiring. They were then asked to reflect upon the whole experience:

"I had butterflies in my stomach..but I did it! I enjoyed the assemblies, overall it was a fun experience and very exciting."

"My language is quite a rare language but it went well."

"I found it quite nerve-wracking but at the end of the day I really enjoyed it."

"I enjoyed being able to share my culture and allow other people to hear and understand me as well as make

"I'm glad I had the opportunity to show people my native language so that other students didn't feel that they were alone. I was surprised at the diversity of languages we have at Uffculme and enjoyed sharing facts about



Following on from the assembly, all students were invited to come and present a conversation with their friends in another language for house points and many were able to show off their language skills with great pride. For the rest of the week, all tutor groups had a chance to complete a Languages Quiz for house points and KS3 students were able to vote for their teachers who had managed to incorporate other languages into their lessons. There was an amazing effort made to speak/write in Spanish, Italian, Dutch, Burmese, Welsh, Thai, Turkish and even Cornish. The competition was fierce but ultimately the winners with most votes were Mr Hagan, Mrs Luing-Holmes and Mr Burt with a special mention for Mr Osmond, Mrs Bishop and Mrs Groves as runners-up. Fantastisch!

How many languages can you speak and which ones would you love to learn?



Dance Highlights



Dance began with a bang this Autumn with so many clubs happening, who knew which one to choose. Year 7 have been wonderful and enthusiastic whilst learning an Army dance and trying out different dance styles with Vicky B on a Tuesday lunch time. There are also nearly 30 students every Wednesday evening working so hard; what a brilliant start for Year 7 at Uffculme School.

Students in Year 8 have participated in lunch times club and after school sessions. They are currently working on two separate pieces: a lyrical contemporary dance as well as a more abstract piece. It has been fantastic to see so many new faces.

Year 9 have yet again been an asset to dance this term. Their willingness to participate as well as their talent shines through every week. These students are also working on two pieces: one is based on the London Underground and the other has a more serious theme.

Year 10 and 11 students have been instrumental in creating movement phrases which they then taught to the younger year students when auditioning for Gifted and Talented Dance. A huge thank you and well done for the time and effort you have put in so far.

A real highlight so far has been Open Evening, with over 30 students choreographing dances, not only with people in their own year group but with a mix of others. The atmosphere was vibrant – Miss Mitir was so proud of all who took part.

With dances for the Dance Show and the school musical being prepared it is a busy time for dance. Come along and give it a go. Everyone is welcome.

- Miss Mitir





GCSE Drama and G&T Y9 Students: Paper Birds Visit

On November 1st we welcomed the critically acclaimed theatre company Paper Birds to perform their latest show 'Broke' to our GCSE Drama students and Gifted and Talented Year 9 students. Using their trademarks of physical and verbatim theatre, the Paper Birds have created a piece of work about debt that is honest and searingly painful. By concentrating on intensely personal stories – including their own – they have found the universal. Watching the show and working with the actors not only equipped students with the knowledge and understanding needed for the GCSE written exam but helped to inspire and develop their own devising skills, supporting the remaining elements of their practical Drama work.



Year 10 Monologue Performances

Every year the Year 10 GCSE Drama students perform their outstanding monologues to an audience of family and friends, and this year's students certainly lived up to the standards expected. On Monday 4th October a total of 47 pupils performed their self-written and devised piece, The audience in the Venue experienced a range of tragedy and issue-based drama performance. Topics included the Afghanistan War and the Texas abortion law. The students thoroughly enjoyed themselves and felt an immense sense of accomplishment after putting both their confidence and acting skills to the test. Both myself and Mrs Duncan are beyond proud and excited about the standard of work this cohort of students created and will continue to create during their time in GCSE Drama. Well done.

LAMDA

LAMDA (The London Academy of Music and Dramatic Art) offer grades 1-8 in Acting, Verse and Prose, Devising, Shakespeare and Musical Theatre. Here at Uffculme, I offer classes every Tuesday after school where students can attend the course and enter the exams if they wish.

Throughout the Spring Term of 2021 I had 3 classes of LAMDA students in Years 7, 8 and 9. The classes focused on Improvisation, Devising, Creativity, Communication and confidence building and the classes were both lively and fun. 13 students from these groups then went on to take their Grades in Acting with students entering at Grades 1-3. Of this group we had 11 Distinctions and 2 Merits which is an incredible achievement for a term where masks were worn up until the final week. This group of fun, confident young performers did not hold back. Marks were as high as 93/100!

All students had to take the exams online in a virtual exam room. It was a new experience for all involved, but they received high praise for their skill and knowledge on the subjects.



Each student has now received their graded certificate from the examination board and is looking forward to taking the next grade in April in the Spring term when I return from maternity leave.

A huge well done to Verity Clements, Lizzie Merrick, Freya Barrie, Lisa Horsey, Ted Bell, Isabelle Margetts, Laila Howell, Daisy Walker, Eva Newbold, Willow Young, Martha Hallmark, and Matilda Lord.

Year 8 and 9 Theatre Trips

The show will go on! After what seems like an eternity, we are finally taking our students to the theatre. We are beyond excited for two upcoming theatre trips to Plymouth Theatre Royal where we will be watching both Winter Wonderland and Aladdin. Watch this space for reviews and pictures from our students.

PE Department News

It's been a fantastic start to the Autumn Term, with the curriculum timetable back to normal post COVID. Pupils are once again using the changing rooms and enjoying the usual traditional autumn sports of rugby, netball and hockey.

Just before half term all pupils in KS3 took part in their usual block of endurance running. In this unit of work all pupils are expected to complete 4 running challenges based around beating their own time and improving their running technique and cardiovascular endurance. This unit of work culminated in the final run being a House Cross Country race. Competition amongst the houses was strong and the pupils' support for each other was fantastic. Although this unit of work was very much based around the individual improving their own fitness, it is still important to recognise those who excelled. Below shows the top six boys and girls across each year.

Year 7	Year 8	Year 9
Boys (2 laps)	Boys (2 laps)	Boys (3 laps)
Sam Williams (R) 8.50 Yondercott	Corey Greenaway (R) 8.36 Bridwell	Edward Selway (R) 12.36 Gaddon
Harry Vernon (R) 9.20 Craddock	Alex Ireland-Carson (R) 8.37 Craddock	Ollie Mulhall (B) 12.47 Bridwell
Lewis Coombes (B) 9.21 Gaddon	Joe Shaw (B) 8.47 Craddock	Josh Smith (R) 12.52 Bridwell
Tom Lock (B) 9.21 Gaddon	Alfie Johnson (B) 8.56 Bridwell	Joe Gillett (B) 13.03 Craddock
Henry Skelding (R) 9.30 Bridwell	Adam Gay (B) 9.00 Gaddon	William Chambers (B) 13.15 Gaddon
D. G. (B) 9.35 Bridwell	Max Gregory (R) 9.13 Bridwell	Finn Rowley (R) 13.18 Yondercott
Girls (2 laps)	Girls (2.5 laps)	Girls (3 laps)
Anna Kittow (R) 9.26 Craddock	Ruby Woodman (R) 11.38 Craddock	Holly Britton (R) 15.10 Bridwell
Jessica Lang (R) 10.25 Bridwell	Caitlin Venning (R) 12.24 Yondercott	Minnie Nash (B) 15.38 Craddock
Annabelle Pring (R) 10.40 Craddock	Ruby Bingham (B) 12.42 Bridwell	Rebecca Emmett (R) 15.42 Bridwell
Francesca Tong (B) 10.50 Craddock	Jess Cottrell (R) 13.08 Yondercott	Eleanor Maddicks (B) 16.28 Craddock
Phoebe Hanks (B) 10.50 Gaddon	April Thorpe (B) 13.25 Gaddon	Annie Burns-Cox (B) 16.48 Yondercott
Freya Saundercock (B) 11.10 Bridwell	Grace Maynard (B) 14.02 Bridwell	Amilie Ewings (R) 17.52 Gaddon



U16 Rugby team after winning 67— 7 against Holyrood

With a flexible curriculum in place in KS4 a number of classes have opted to develop their knowledge, skills and understanding in new sports and activities such as ultimate and trampolining. Ultimate (originally known as ultimate Frisbee) is one of the activities which has proven to be extremely popular with Year 10 this term. This non-contact team game played by players with a flying disc shares invasion game similarities with numerous sports pupils have experienced in KS3 and as a consequence they have quickly been able to transfer their knowledge and become very competent once they had mastered the forehand, backhand and hammer passes. In trampolining pupils in Year 11 have been mastering numerous skills including front and back landings as well as putting together sequences and routines culminating in competitions at the end of the block.



Year 9 Rugby team after a fantastic win. Final Result: Colyton 15 - Uffculme 65



U15 Hockey Team after their match against Colyton. Final result: Uffculme 1—Colyton 2.



Year 7 Basketball team

Duke of Edinburgh's Award

Duke of Edinburgh's Silver Award Assessed Expedition.

On the 16th October, 23 year eleven Silver DofE participants set off to spend 3 days on the Quantock Hills for their assessed expedition. Carrying everything we could possibly need to camp for 2 nights, we navigated from the southern Quantocks to the northern Quantocks on the first day, back to the south on the second day and then into local villages towards Wiveliscombe (the finish point) on the third day – when we were lucky enough to miss Monday in school!

Everyone admired the views from the hills (but didn't admire the ascents) and appreciated the beauty of walking through some very peaceful woodlands on the Saturday. On the Sunday, it was much foggier in the morning which made navigation more challenging but, luckily, all groups were just following a ridgeline so just had to trust their compasses and keep walking forward. It had also briefly drizzled that morning so everyone's tents were wet which made them heavier than the day before.

We all survived on high-energy content dehydrated or boil in the bag meals. They were certainly not a highlight (many of them are



just variations of potatoes or meat in baked beans) and one group, upon finishing early in Wiveliscombe, went straight to the local Co-op to buy some much-craved punnets of fresh fruit.

None of our own mobile phones were allowed (they were kept in the support minibuses) but each group was issued with a Nokia brick! – The unfamiliarity of this model meant instead of answering a call, we actually 'hung up' on the staff several times! Although the 'bricks' were only supposed to be used for emergencies or for official purposes, many of us also enjoyed playing 'Snake' on them!

Duke of Edinburgh's Award

In the evenings, after cooking and putting our tents up, we had wonderful campfires where we played games, toasted marshmallows and some of us could even be heard singing as it got later and we became more sugar fuelled. These fires were definitely the highlight for us because they were a great way to relax after a very tiring day. These walks are also very mentally challenging, as you are constantly checking that you are not lost so the time to unwind is very beneficial. My own group spent a lot of the time convinced we were lost when actually we weren't – we learnt the valuable lesson of backing ourselves.

Luckily, it only rained on the Monday. Although rain is always a challenge (walking in waterproofs is very uncomfortable because you get very hot but can't take them off and you struggle to keep things dry), everyone agreed that it was best to rain on the last day as we weren't about to soggy lie in sleeping bags that evening. Monday was a lot more road based walking because we were off the Quantocks which allows you to walk at a steadier rhythm (uneven ground beneath your feet takes a lot of energy to keep balanced when you have so much weight on your backs) but it is extremely mundane. Everyone was relieved to finish and head home to showers, a proper meal on a real plate and a good night's sleep!

Previously, our practice expedition had to be postponed several times due to Covid, which made this experience much more appreciable. We would all like to thank Mr Harbour, Mrs Purrington and the two adult volunteers for giving up a long weekend to drive around the Quantocks and support us on these walks. We all had a fantastic time and thoroughly enjoyed the challenge of walking, camping and being self-sufficient but it wouldn't have been possible without them.

- Mrs Purrington and Mr Harbour, DofE Coordinators (email: DofE@uffculmeschool.net)



Sign Language Club

We started a sign language club for Years 7 and 8, and we've had lots of Year 7s come along. We've also got some Year 10s who are using it for their DofE skill, and even some staff come along to learn. We have covered the basics of fingerspelling and numbers, and we're now able to hold conversations about how we're feeling, our ages and our names. It's a great chance to pick up a new skill and think about different ways to communicate with others.

- Mr Wigmore

I've always wanted to do sign language! I was really happy to hear there was an actual sign language club where I could go to learn, express myself and share this new skill with my friends. We have started off with the basics such as learning the alphabet, colours and numbers but we are now progressing into more depth with questions, feelings and conversations which could be so useful to know in life. The club is a great way to have fun while learning a great new skill that has enabled me to be able to communicate effectively with other people, deaf or not deaf.

- Nea King, 10 Rhodes



Year 10 signers signing the words for 'Hello, I love sign language!'



Throughout this past term the Uffculme Robotics Team comprised of Year 10 students has been working tirelessly on their 4th iteration robot for the Vex World Robotics Championships. The students have been dedicating their break and lunchtimes and even INSET days to design, build, and test our robot, which has recently been named 'Brian'. In the design phase, the robotics team assigned key members to develop a strategy for us to compete in this year's challenge, 'Tipping Point'. The challenge is for teams to pick up 72 rings from the floor and put them on to movable poles that are at heights of 1 to 3 ft in a 12ft-by-12ft arena, all while an opposing team is trying to do the same. Once we confirmed several strategies the students began designing our robot in a project notebook which will also be judged in the competition. To bring our robot to life, students' have had to develop their skills in working with metal, motors, electronics, 3D CAD software, and a range of metal working tools to construct the robot. We currently have our first two away Championship matches planned which will begin at the start of January.

In the first half of the Spring Term in 2022 we will be constructing our 2nd robotics team at Uffculme which will be comprised of Year 9 and Year 8 students. If you are interested in joining the robotics team then please look out for the sign-up announcement in the new year or speak to Mr Colwill in ICT for more information.

- Mr Colwill, ICT teacher



We have had a brilliant year in the garden at Uffculme. Last year we decided to look at refreshing the school garden as an opportunity to grow some Gourds for the Art department. The hard work and dedication of the students, supporting the staff, has transformed the space and it has become a hive of industry with fantastic results.



We like coming to Gardening Club because it is peaceful and welcoming to everyone. The community has a lot of friendly faces. We grow a range of vegetables, including garlic and onions. There are 5 raised beds in total full of various vegetable seeds! However, we are also growing lots of flowers, like cyclamen and daffodils, and David (the tree). The Year 8 head gardeners, Lizzie, Marnie and Robyn, are still deciding what to grow in their beds but have a lovely cherry tree to plant soon. We have a wildlife section which includes a birdfeeder, pond and bug hotel that we are hoping to upgrade over the coming weeks. Recently we even found a toad!



- Maddie Biss, Neve Morton, Sophia Little, Emma Dominy and Charlotte Hewson.



Running Club

Mr Parnell continues to lead a brilliant club of Years 7-11 completing a variety of runs both on and off site. The new influx of Year 7s has really increased numbers with many coming back, even after hill sprints! The club is a highlight for many students, offering the opportunity to leave the site and remember what an amazing part of the world we live in.

- Mr Bertram



Tabletop Games Club

Many thanks to the PTFA for donating to our Tabletop Games club which has been very popular with students for many years. This has enabled us to purchase a good variety of new board games for the students to engage with ranging from fun and quick party type games to longer and more strategic thinking games.

In a world so full of online virtual social interactions, tabletop games bring us back to a spirit of competitiveness, imagination and real-life socialising, being present with friends in the moment. So please come along to B7 on a Thursday lunchtime (early lunch passes available from Mr Osmond) to get stuck in, meet new people and learn some amazingly fun and interesting new games!



For more information about club timetables please go to:

<http://www.uffculmeschool.net/clubs-activities/lunchtime-after-school-clubs/>

Outdoor Pursuits

As part of this term's OP calendar 16 pupils from across all the year groups took part in a 5 week course at Haven Banks working towards their **British canoeing Discovery Award** - which they all successfully achieved. The sessions were enjoyed by all and the weather was kind to us on four out of the five sessions unfortunately the heavens opened on the day I decided to take the camera! Spirits however weren't dampened! Do look out for next term's Outdoor Pursuits calendar which we are currently working on.



Exmoor Challenge



Exmoor Challenge



Year 8 & 9 Uffculme Challenge



Year 8 & 9 Uffculme Challenge



The Autumn Term has got off to a tremendous start, with new Year 7 students making excellent use of the library. After so many months of restrictions it is a real pleasure to see the library full at break and lunch times, with students reading, doing homework and playing board games.

The Black History Month House Quiz held throughout October proved popular with tutor groups. Congratulations to 7Kemp and 7Glanville who answered all 18 questions correctly and won maximum points for their respective Houses of Craddock and Gaddon.

This term sees the launch of the 8B48 Reading Challenge, where all Year 7 students are challenged to read and review at least 8 books from a curated reading list before the end of the academic year. There are badges available for those who read 8, 12 and 16 books throughout the year and I very much hope that students of all reading abilities and experience will enjoy taking part.

The Year 8 Reading Challenge also opens in November. Students are asked to complete a range of reading tasks and document their responses in a Reading Journal. Badges, house points and prizes are available to all those taking part.

What's new?

We have a number of targeted book collections in the library:

Year 9 Building Empathy Collection

Based on the 'Shelf Help' scheme used in public libraries, this is a curated collection of fiction which emphasises reading for wellbeing. It is targeted at Year 9 (and above) and supports the PD curriculum through an extensive range of stories which deal sensitively and age appropriately with a wide range of social issues.

Multi-Cultural Fiction Collection

A curated collection of classic and contemporary multi-cultural fiction, a wide ranging collection aimed at all years and abilities.

Finally, there is the Library TEAMS site for all KS3 students, which provides details on all reading challenges and other activities, as well as book recommendations and links to book awards for both children and young adults.

- Mrs Davies, Librarian

Pupils can borrow and return library books before registration, at breaktime and lunchtime every day. The library is also open and staffed daily for homework, quiet reading, or private study from 3.30pm - 4.45pm.



Student Welfare Officers



Sometimes things get in the way of you achieving what you want to achieve. This can make you feel stressed, anxious, scared, sad or angry... Or all of the above!

Our Student Welfare Officers are Mrs Balado and Mrs Parkhouse. The Student Welfare Rooms are located in the centre of our school. The Student Welfare Officers are here to provide additional emotional and behaviour support for some of our young people who are struggling with emotional issues or are at risk of exclusion.

If you wish to see Mrs Balado or Mrs Parkhouse you can speak to your tutor, head of year or Mr Lepper. They will talk to you about your problem and work out if a referral to Student Welfare is suitable for you. You can also contact them directly by email or by leaving a note in the post box in the waiting area of the Student Welfare Room.

How is support provided?

Support is tailored to individual needs and is aimed at helping you to identify your own solutions.

Support is provided either one to one, or in small groups, and can include the following:

- ☞ Listening and helping you identify what might help.
- ☞ Helping you to manage your strong emotions (for example worry, stress or anger).
- ☞ Relaxation techniques.
- ☞ Referral to other support agencies such as bereavement counselling.



School Nurse

Our school nurse is Sandra Williamson.

0333 234 1903
07811 227 998

Online & Phone Support



Childline has a free helpline where you can talk to someone in confidence at any time of the day or night. You can also visit www.childline.org.uk



Young people aged 11—19 can text the school nurse team for confidential advice and support. on things like bullying, self harm, relationships, emotional health, smoking, drugs & alcohol and healthy eating

Text 07520 631722



Kooth offers free online support for young people including online counselling.

www.kooth.com



☎ 0800 808 4994 💬 1-11 Chat 📱 Crisis Messenger

The Mix provides safe and confidential group chat and discussion boards, plus messaging support service and telephone counselling for young people under 25. You can visit the website, call the freephone number, or if you need help immediately you can also text The Mix on their crisis messenger text service which provides free, 24/7 crisis support across the UK. If you're aged 25 or under, and are experiencing any painful emotion or are in crisis, you can **text THEMIX to 85258.**

For more information visit:

www.themix.org.uk/get-support

Baladok@uffculmeschool.net
parkhousej@uffculmeschool.net

Student Welfare Services





Child and Adolescent Mental Health Services (CAMHS)

Children and young people may need help with a wide range of issues at different points in their lives. Parents and carers may also need help and advice to deal with behavioural or other problems their child is experiencing. Parents, carers and young people can receive direct support through the Child and Adolescent Mental Health Service.

For more information visit:

<https://childrenandfamilyhealthdevon.nhs.uk/camhs>



Headlight is a peer support network that has been set up to support young people age 13-24 with mental health issues, and their parents and carers.

Based in Axminster and Chard, this is a free service open to young people and their parents and carers from across East Devon, South Somerset and West Dorset. Headlight also run a monthly support group for parents and carers which takes place on the third Monday of each month, 6.30pm - 8.30pm at Axminster Young People's Centre.

For more info please contact:

info@actioneastdevon.org.uk



They provide expert knowledge to professionals, parents and young people through the Parents' Helpline, online resources, training and development, outreach work and publications.

To find out more go to: <http://www.youngminds.org.uk/>

or call Parents helpline - 0808 802 5544



Depression and Anxiety Service 18yrs plus Services across Devon offering a range of different types of treatments and therapies for people experiencing problems with low mood/depression, anxiety or stress. Whatever you need to know about coping with stress, anxiety or depression, or generally improving your emotional wellbeing, they are here to help, they offer practical, useful information, interactive tools and videos of people's stories to support you.

For more details go to:

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines>

Thrive - Wellbeing Toolkit Resources

Categories include: • Activities for children up to 11yrs • Activities for children up to 16yrs • Activities for children up to 7yrs • Resources for parents and carer



[Thrive Resources Archive - The Thrive Approach](#)



<http://www.youngminds.org.uk/> or call Parents helpline - 0808 802 5544 B-eat – Beating eating disorders Information on anorexia, bulimia, binge eating disorders, ED-NOS and other kinds of eating disorders.

To find out more go to:

**<https://www.b-eat.co.uk/about-eating-disorders>
FREEPHONE helpline 0808 801 0677 FREEPHONE
Youth line 0808 801 0711**



Papyrus A mental health charity dedicated to preventing young suicide. **Call 08000684141/ Text 07860039967** for any young person who is experiencing thoughts of suicide or for anyone who has concerns for a young person who may be in distress.

For more details go to www.papyrus-uk.org



Haven at Open Door Exmouth This Christian based charity offers a range of support, Haven being one of them, Haven is a safe space for young people to meet, a peer support group to learn coping strategies, to be listened to, and to realise that they are not alone. It does not replace professional services, but hopefully adds to them and helps to support young people while they are waiting to access professional help. Haven runs two support groups for young people, one for primary aged children and the other for secondary aged young people. Sessions alternate fortnightly. They also run a parent support group on the first Monday night of each month.

For details on dates and times go to:

<http://www.opendoorexmouth.org.uk/our-projects/haven/>



NHS Every mind Matters This website offers a range of mental health advice with an interactive quiz that's designed to help you feel more in control of your emotional mental wellbeing.

For more details go to:

www.nhs.uk/oneyou/every-mind-matters



Molehill Mountain is an app to help autistic people understand and self-manage anxiety. You can use Molehill Mountain to explore the causes and symptoms of anxiety • track your worries and the situations that trigger anxiety • get evidence-based daily tips to understand more about anxiety • feel more confident to self-



Nip in the Bud Nip in the Bud® was set up to encourage awareness about mental health disorders in young children. If left untreated, they could also develop into serious mental and physical health problems. Their films illustrate the behaviours common in different conditions in children, along with explanations and information on how to follow up and get help. The films are accompanied by downloadable fact sheets explaining the symptoms to look out for, to spot early signs of distress which may require further monitoring.

Find out more at: <https://nipinthebud.org/>



Stem4 A Charity that promotes positive mental health for teenagers and encourages them to build resilience and manage difficult emotions with online resources.

For more details go to: www.stem4.org.uk



The integrated Brain in Hand system Brain in Hand is a digital self-management support system for people who need help remembering things, making decisions, planning, or managing anxiety. It's not condition-specific, but is often used by people who are autistic, who have learning difficulties, or who are managing mental health challenges. Combining human support and digital self-management technology, Brain in Hand helps people live more independently. The system is approved by government departments and in use throughout health, social care and higher education settings across the UK.

For more information go to: <https://braininhand.co.uk>

Useful Apps - These apps all support Young people to reduce their anxiety through distraction and encourages relaxations and mindfulness





ThinkNinja Free during the coronavirus (COVID-19) crisis
ThinkNinja is a mental health app designed for 10 to 18-year olds. Using a variety of content and tools, it allows young people to learn about mental health and emotional wellbeing, and develop skills they can use to build resilience and stay well.



National Self Harm Network The aims of this forum are to:

- Support individuals who self-harm to reduce emotional distress and improve their quality of life.
- Support and provide information for family and carers of individuals who self-harm.
- Raise awareness of the needs of people who self-harm, dispel myths and combat discrimination
- Empower and enable those that self-harm to seek alternatives to self-harm and further help where appropriate.

For more details go to: <https://nshn.co.uk>



The CAMHS team have put together information specifically around self-harm. This is in the form of a 45-minute video:

<https://vimeo.com/471039602/aa9f061e5a>



Harmless is a passionate organisation who works to address and overcome issues related to self-harm and suicide. They place people with lived experience at the heart of their service and do their very best to surround the people they help with compassion and practical help and support to bring about measurable and meaningful change.

For more information go to: <https://harmless.org.uk>

Student Achievements

We would like to share a massive congratulations to Rose Smyth in Year 9 for achieving a personal best regional consideration time of 1:13.44 in the 100m backstroke category. In addition to this, Rose performed outstandingly in her recent swimming gala achieving 2nd place in the 100m backstroke and 3rd place in both the 50m breaststroke and 100m individual medley. Due to these achievements Rose is now ranked 6th in the county for her age category.

Congratulations, Rose!

Please send any stories or photos of student achievements for the newsletter to barkerh@uffculmeschool.net



Looking Ahead to Spring Term 2022

Dates for your Diary

Tuesday 4th January	Inset Day
Wednesday 5th January	Inset Day
Tuesday 11th January	Year 8 Drama - Theatre Trip - Aladdin
Thursday 13th January	Year 9 Core Subjects Parents Evening
Wednesday 26th January	Year 8 B Band Parents Evening
Monday 31st January	Year 8 R Band Parents Evening
Tuesday 15th February - Friday 18th February	West Side Story Evening Performances
Monday 21st February - Friday 25th February	Half Term
Thursday 3rd March	Year 10 Parents Evening
Wednesday 9th March	Year 9 Options Evening
Tuesday 22nd March	Year 11 Parents Evening
Friday 8th April	Last day of spring term

Uffculme Sport and Fitness

Junior Gym Membership at Uffculme Sport and Fitness

Open to all students from Year 7 upwards

Term Time - Monday to Friday 15.30 - 16.30

School Holidays - Monday to Friday 16.00 -
17.00

£9.99 per month (payable by Direct Debit)

To join visit our website:
www.uffculmesportandfitness.com



FITNESS CLASSES



More classes than ever before to get you moving!

Open to everyone –choose your level and work at your own pace

Booking essential –members can reserve their place online, non-members can book by contacting reception

Monday	18:00	Pump	45 mins
Monday	19:00	Spin	45 mins
Tuesday	18:00	Core & More	45 mins
Tuesday	19:00	Pump & Spin	45 mins
Wednesday	06:45	Spin Express	30 mins
Wednesday	18:00	Cardio Circuits	45 mins
Wednesday	19:00	Pump	45 mins
Thursday	18:00	Pump & Spin	45 mins
Thursday	19:00	Body Weight & Core Circuits	45 mins
Friday	18:00	Spin	45 mins
Sunday	09:30	Spin	45 mins

Free to all gym members
Affordable membership options from £24.99 per month
£6 per class for non-members

www.uffculmesportandfitness.com
info@uffculmesportandfitness.com
Facebook: /uffculmesportandfitness
01884 842 925
Uffculme School, Uffculme, EX15 3AG

NEXT EDITION: Spring 2022

Don't forget: send the stories and photos you want to see in the next edition to:

Barkerh@uffculmeschool.net

Thank you!



@uffculme_school



@UffculmeAcademy