



Upton Voice

Upton-by-Chester High School Newsletter

April 2015

Observing the Solar Eclipse

On Friday 20th March, around 300 pupils used special eclipse glasses to safely observe a rare solar eclipse from our Multi-Use Games Area. The partial eclipse reached its climax at around 9:30am, when around 90% of the Sun was concealed by the Moon. The next partial solar eclipse of this magnitude (visible in the UK) is not until 2026.

We were lucky enough to have near perfect weather, with only a few patches of intermittent cloud restricting observations. Although it was a very sunny morning we all noticed the significant drop in temperature as the Sun became obscured.

Observing an eclipse can be very risky if the correct precautions are not taken. We would like to thank the pupils for the mature and sensible way they conducted themselves throughout the eclipse.

Mr Pritchard
KS4 Physics Co-Ordinator



Dates for your diary in 2015

17th June — Sports Day

25th June — Open Evening

9th July — Year 10 Parents Evening

14th July — Awards Evening

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Dear Parents, Carers, Students, Staff, Governors and Friends of Upton High School,

When looking at the unseasonable weather we have been enduring of late, it's hard to believe that the spring term is over and the summer term just about to begin. It's been a very busy term with lots of activities undertaken, including the Fairtrade Fortnight, which is mentioned in more detail later in this edition. The Fairtrade Fashion Show was exceptional and a real highlight. Well done to everyone who took part and pulled all the activities together so successfully!

This term also involved over 300 students observing the solar eclipse, which was a very exciting and unique experience for students and staff alike.

I was delighted to be invited to Speaker's House at the Palace of Westminster on March 3rd, for a reception to celebrate the outstanding contribution made by Upton High School to the National Citizenship Service. It was a very special day for me and I felt immensely proud to be representing our school at such a prestigious event. David Blunkett and John Bercow spoke to us about their passion and commitment to the NCS.



This is the nation's leading youth volunteering charity, providing opportunities for young people aged 15-19 to volunteer to work with local charities and community groups, to help our local society. Year 11 had a presentation in a recent assembly about the NCS, and I look forward yet again to seeing many Upton High School students volunteering to take part in this excellent programme this year.

On March 31st we were treated to a fabulous evening of Dance, showcasing some of the marvellous talents of our students. All the students involved worked very hard and rehearsed tirelessly to ensure a show of professional quality that would be enjoyed by all. Thanks also to Miss Downs and Miss Joynson for all of their support and commitment in organising, inspiring and rehearsing the students so successfully.

We have once again begun the examination season, with PE and Art exams already well underway and on 25th February we held an exam preparation evening for year 11 which was very well attended and appreciated by students and parents alike. Exams start in earnest next term and we wish all our students in years 11, 12 and 13 the very best of luck; make sure you make time for some serious revision over the holidays (in between the chocolate!).

Thank you to all our students and staff for all the hard work undertaken this term. I would like to wish everyone a very happy Easter and look forward to welcoming you back for the summer term on April 20th.

P. Dixon

Mrs P. Dixon — Headteacher

Young Chef Competition

Jonathon Hughes in Year 10 recently represented the Food Technology Department in the regional final of the Aspens Young Chef competition. It was a most enjoyable day which required the contestants to cook a two course meal for two people, in two hours within the budget of £10.

Jonathon made a delicious Thai dish followed by profiteroles, and although he won't be going forward to the final on this occasion, he deserves a huge well done for his excellent entry. Watch out for the next chance to take part in the Young chef competition.

Mrs Sievers



English Public Speaking Competitions

Year 9 Speak Out!

On Wednesday 25th March, Year 9 students watched their class representatives perform in the annual Year 9 English Public Speaking competition.

This half term, Year 9 students have been learning about how to write speeches and how to perform them successfully in their English lessons. Students were given the task of writing a speech about a subject of their choice that they felt passionate about.

This year's English class finalists were: Ben Lewis, Issy Ehlers, Brogan McVey, Jessica Cain Kelly, William Humphries, Eimeren Dizon, Allysha Tushingham, Jemima Nuttall, Alex Blackburn, Daniel Jayes, Connor Wood, Chloe Davies and Tom Newton.



The runner up this year, was Jessica Cain Kelly. It was clear that she really spoke from the heart about her feelings about the NHS spending on cancer patients. Our overall winner was Alex Blackburn, who delivered a highly entertaining speech about computer games. Both received Waterstones vouchers as their prizes.

Year 7 Performance Poetry

On Thursday 26th March, Year 7 also took part in the annual Year 7 English Public Speaking competition.

As part of the new National Curriculum for KS3 English, students are required to be able to recite poetry. Every student in the year group took up the challenge and delivered poetry they had chosen to their English classes.

Some students were even brave enough to sing their responses.

This year's finalists representing their English classes were: Olivia Hickson, Rio Doherty, Oliver Kremer, Rosie Bennion, Bin Hamza Nasir, Tom Burgess, Erin Littler, Finley Hibbert, Ben Jones, Jessica Hall, Alex Bell, Jess Pace, Mubarak Adedigba and Hannah Mooney.

The runner up this year was Olivia Hickson, who bravely performed her poem first of all to the Year 7 audience. Mubarak Adedigba was a popular overall winner, who highly entertained the audience with his rap style and his dramatic response to Roger McGough's 'The Sound Collector'. Both received Waterstones vouchers.

2nd Deputy Head John Keegan, who presented certificates and prizes said that the event was "inspirational" and that he was proud of all of the students who took part and of how well the Year 7 audience participated.

Mrs Johns
KS3 English Co-ordinator

Orchestral inspiration for GCSE Art & Design

Our year 10 GCSE Art and Design students have had the fantastic opportunity to work with members of the Manchester Camerata Orchestra. Using percussion instruments, their hands and voices, the pupils composed musical compositions based on human emotions. The pupils experimented with mark making techniques, which formed the basis of their work.

The experience was hugely rewarding and enjoyable for both pupils and staff!

The art work inspired by the workshop was exhibited at Chester Cathedral in March to commemorate the University of Chester's 175th Anniversary.

Miss Bennett



Grease — February 9th to 12th

February saw the annual Upton Musical, this time the ever popular Grease. 160 plus students and staff contributed to a sell-out spectacular, which played to 4 packed evening houses and two matinees for our local primary schools.

The first weekend after the Christmas break saw the entire company decamp for the traditional production weekend at the Conway Centre Menai, where the magic began, as the piece transformed from page to stage. Subsequent weekend and evening rehearsals in the component areas e.g. acting, music,

dance, set and costume ensured that by curtain up on the opening night, a piece worthy of those that have gone before it was ready to go before an always discerning Upton audience.

The Chronicle supported us with a fantastic publicity article, including photos and video which whet the appetite of those fortunate enough to obtain the much sought after tickets.

Ultimately, the result was hugely successful and rewarding for those involved and audience

alike and the magic can live on as there is an official DVD available from the Media Department. Get yours now!

Mr Tierney
Head of Performing Arts



7Y1MA sowing seeds for the future

Inspired by the actions of their HALL inspirational leader, Wangari Maathai, my Form 7Y1MA planted their own seeds, which they took care of in their PLaN time, to nurture into seedlings in the form base classroom windows.

The students have thoroughly enjoyed watching their plants grow, especially seeing how much they had grown after each of our recent warm weekends and they are looking forward to seeing them grow into vibrant flowers, to hopefully attract more bees and insects to the school garden in the summer term.

They had lots of fun transferring their plants into the school garden with Miss Wragg. They learned about the need to plant their seedlings with care and attention and Abi Ede had great fun finding worms that she then placed near to her plant.

My Form have also enjoyed writing poetry inspired by the sunflowers. Chloe Dean wrote 'Sunflower, sprouting suddenly, as a surprise, it rises.' Bin Hamza wrote 'Like giants they stand' and Josh Turner wrote this lovely acrostic poem:

Seeds growing in the rich soil
Under the bright, yellow sun
Never stopping, growing
Finding another place to grow
Lovely yellow petals
Outstanding green stems
Will never disappoint
Every day making you smile
Reaching out to the sun.

Mrs Johns
Tutor - 7Y1MA



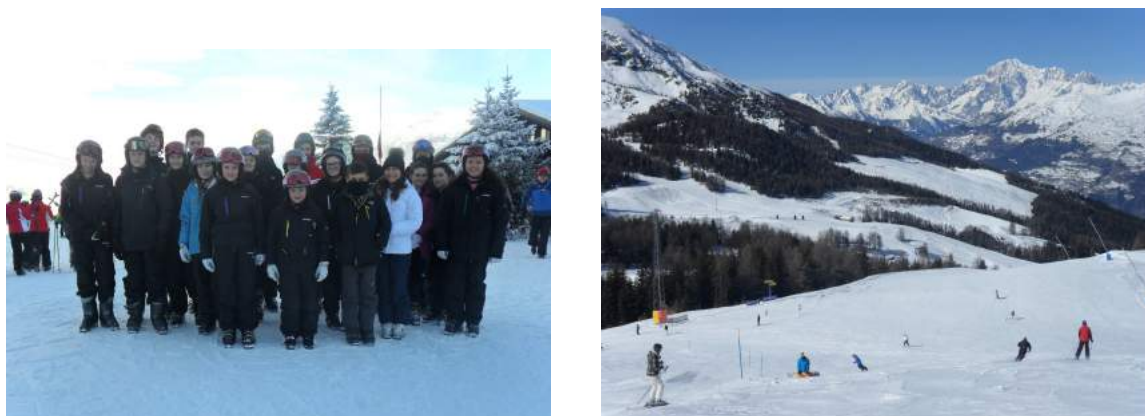
Ski Trip to Pila

During February half term 24 skiers jumped aboard the Interski coach excited for their journey to Pila in Aosta Valley Italy. Students stayed in the pretty village of Villeneuve and enjoyed traditional Italian food.

Every day our keen skiers were up and on the gondola before 9am, skiing for 4 hours every day in the sunshine. Beginners were mastering red runs by the end of the week and two Sixth Form students, Jack Rowland and Erin McFadden, stood out and were put forward for the prestigious Interski Scholarship selection. After a busy day on the slopes, the students relaxed and enjoyed pizza evening, ice-skating and ice-cream in Aosta.

All of the students had a fantastic time, and letters for next year's trip to Pila will be available on the school website after the Easter break.

Mrs Mitchell



Nathan Farrington (Year 7) questions Boris Johnson on Sky News

On Friday 27th February I was lucky enough to be chosen by First News along with 5 other young people to ask the Mayor of London, Boris Johnson, a question. To enter you needed to record a video of yourself asking Boris a question.

My question concerned how he would tackle obesity. I also asked Boris if we should feel safe in the UK with threat of Terrorism rising and what makes him angry. Part of the prize was going to Sky News HD studios in London, opposite the Houses of Parliament, to meet him.

Personally, I thought that Boris responded well to all the questions and was very entertaining. When I think of Boris Johnson I think of cycling because he is passionate about it. After interviewing Boris we borrowed some Team Sky bikes and we were filmed in a park cycling as part of the report. The whole experience was a great opportunity and I'd definitely like to meet more Politicians and famous people in future.



Nathan Farrington (7Y4WO)

Science of Conservation Zoo Trips Year 8 and 9

Mid-March saw 120 Year 8 and 120 Year 9 zoologists take the short trip down to Chester Zoo to embark on four wonderful days packed with Conservation Science.

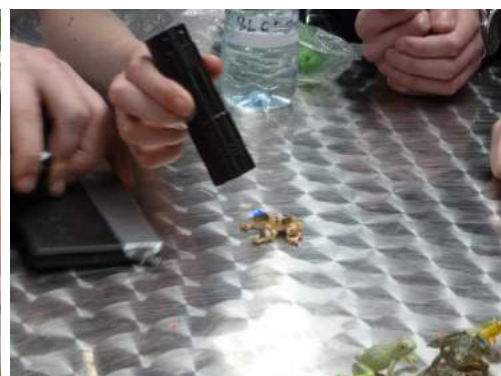
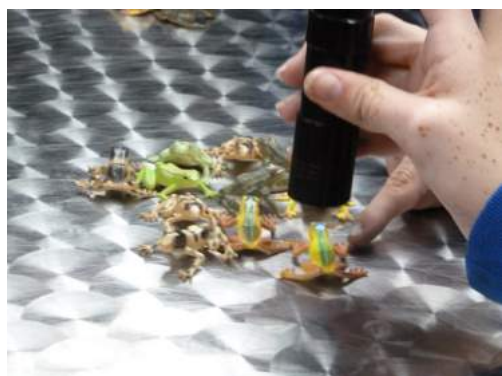


Each year group studied different areas in the Zoo's surroundings and at the education centre, with a variety of hands-on educational workshops which amazed our young enquiring minds. Year 8 Zoologists studied Rhino Excretion examination for hormones / reproduction, Elephant toe nail examination, Nutrition, Heart beat recording and Microchip tagging and tracing. Year 9 Conservation Scientists studied Enrichment of Enclosure, Water Testing and Why UV Paint Application for Tagging, Flight in the Natural World, Calculating Speed from Animal Footprints along with Husbandry and the Role of Zoo Science.

One great aspect of these trips was how the planning from Upton High School and Chester Zoo resulted in 3 very different days for Years 7, 8 and 9, allowing this event to be held on an annual basis for all of Key stage 3, as we are able to cover different areas of Science for each year group.

This completed a wonderful series of school trips to the Zoo, not for just a fantastic day out but with real educational worth, which has amazed and inspired our young scientists from all Key Stage 3 areas. We are delighted at how this event has progressed and the fantastic feedback received from the Zoo along with their praise for our student's behaviour and enthusiasm. I would like to take the opportunity to thank the Zoo's Educational Department for putting on such a brilliant series of workshops and all the Science staff who accompanied the young zoologists on their exploration of natural science in the field.

Mr Caine



UV tagging in tropical frogs. Over 150 species have become extinct in the wild due to a fungal disease. Using UV paint scientists can monitor frog populations.

Conservation trip to Honduras 2016

In July 2016, a group of 16 Upton Sixth Form students will be landing in Honduras in the Caribbean for two weeks of conservation work for Operation Wallacea. The group will be trekking through the landscape of the tropical forest in the mountains of the Cusco National Park, monitoring the habitat's diversity and the impact of deforestation, followed by a week of marine biology, scuba diving in the coral reefs and collecting data on the species found there.

The trip is a fantastic opportunity for our students to get out there and up close with what makes science such a vital subject, not only for the job market but for the future of this planet! The school will be behind them every step of the way, particularly in the many fundraising efforts that will be happening over the next year.

Many of you will be aware of the Year 7 disco last month organised by the students going on the trip, the party was a great success and all proceeds went towards the trip. The team would like to say a big thank you to all those who helped or attended. Look out for the upcoming events such as the Honduras Car Boot Sale happening soon, kayaking trips and a sponsored walk up Snowdon. All proceeds will go towards funding our students trip to Honduras, so all help and sponsorship will make a huge difference!



Elinor Gray (Year 11)

Mathematical Education on Merseyside Competition

A number of our Maths students took part in the Challenge and Senior Challenge take home competitions in February half-term, organised by Mathematical Education on Merseyside. Together these competitions attracted around 3000 entries from both local schools and those further afield.



Our students did us proud, with Elizabeth Dearden-Williams (Year 10) gaining Best in School award and also 3rd prize overall, and Elizabeth Osborne and Lucy Birchall (both Year 10) gaining certificate of merit and consolation prize respectively. In the Junior Challenge Bethan Rhoden (Year 8) gained best in school award and overall 2nd prize.

A huge congratulations must be given to the above mentioned students, who have been invited along to attend an awards evening at Liverpool University during April and May.

Miss Spencer

Our Head of Year 8 features in a House of Lords Debate

Our Head of Year 8, Ms Tobias, was recently mentioned in a debate during the Lords Grand Committee. Lord Thomas of Gresford opened the debate on the participation of women in rowing at every level, which led on to a wider discussion about women in sport. Lord Thomas mentioned Ms Tobias who came to the sport late having originally been a hockey player.

Ms Tobias was inspired by the British women rowers at the Beijing Olympics and began with a "Learn to Row" course. Lord Thomas said she "epitomises the women who are now attracted to the sport." Ms Tobias now rows competitively and is the Captain of the Grosvenor Rowing Club, traditionally a male role.

To watch the debate click here:

<http://parliamentlive.tv/event/index/85b95e15-468d-4a8f-b5f0-bfddc85bc86b>

(The women in rowing debate begins at 14:00 and Ms Tobias is mentioned at 14:03:55)



Success in the UK Mathematics Trust Intermediate Challenge

Upton students took part in the UKMT Intermediate Challenge on 5th February.

The UK Mathematics Trust (UKMT) is a registered charity whose aim is to advance the education of children and young people in mathematics. The UKMT organises national mathematics competitions and other mathematical enrichment activities for 11-18 year old UK school pupils. Last academic year over 600,000 pupils from 4,000 schools took part in the three individual challenges, the UK's biggest national maths competitions.

The following Upton students scored highly:

Maya Williams (Y11), Emily Pogue (Y11) & Lucy Birchall (Y10) achieved Bronze certificates.
Victoria Smith (Y11) & Gemma Richards (Y11) achieved Silver certificates.
Joseph Walker (Y11), Elizabeth Dearden-Williams (Y10) & George Metcalf (Y10) achieved Gold certificates.



Joseph and Elizabeth scored in the top 3000 nationally and on 17th March took part in the next stage of the competition called The Pink Kangaroo, which involves students from across Europe.

The students had answered some very demanding problem solving questions to achieve these awards and they should be very proud of themselves.

Mr. Biard
Head of Mathematics

A visit from the High Sheriff of Cheshire

Our Year 7 students were treated this week to a talk on the history and role of a High Sheriff, from the current High Sheriff of Cheshire, Mrs. Sellers.

The High Sheriff explained the appointment is made by Her Majesty the Queen, to represent her in the County of Cheshire in matters relating to law and order. The post involves offering support to the Police, Judges, Magistrates, Coroners, the Prison and Probation Services, the emergency services and all branches of the Armed Forces. The High Sheriff explained the significance of her outfit including three Ostrich feathers worn in her hat.

Mrs Sellers said the role allowed her to highlight the work of volunteers who make such a difference to the lives of people living and working in Cheshire, in both large and small organisations.

She lent her support to school by agreeing to be drawn by students during her talk. The winning illustration will be published in a book titled '101 uses for an Ostrich' alongside work from illustrator Tony Ross, with proceeds going to the Addington Trust.

The High Sheriff was delighted with the portraits produced by the students but then had the difficult decision of choosing the eventual winner to be included in the publication.

Pictured with Mrs. Sellers from left to right are: Clarice Morris-Brown; Millie Thompson; Joe Stockley; Will Roche; Finley Hibbert; Alex Bell.



Fairtrade Fortnight — 23rd February to 9th March

For Fairtrade Fortnight the students and staff at Upton By Chester High School organised many activities to raise awareness for this important cause.



The Fairtrade tuck shop was open every day for a week. Fairtrade cakes were on sale each day. The cakes were made in Mrs Sievers' Year 10 Food Lessons and then frozen. With the help of Mrs Lipscombe a couple of trays were brought out each day to sell. They were a resounding success and sold like hot cakes.



Campbell for the raffle.

The Maltesers 'guess how many' in the tub game was started for the students and the teachers. The usual fabulous Fairtrade hamper was made up by Mrs Jenkins-

Preparation was ongoing for the fashion show with 85 students involved. Miss Noel, Yunus Hall Leader, contacted many businesses for their support and had a good response, culminating in a wealth of prizes to give out.



Miss Noel and Mrs Keefe worked very hard with the models choreographing the routines. The waiters were trained by Mrs Jenkins-Campbell and they made the night flow with their efficient service. Parents commented on how well they did, a special mention to Nate Green (Year 11) who took charge of them on the night. The food, provided by Aspens, added another dimension to the evening and everyone said they enjoyed their fish and chips.



The dining hall was decorated by the Fairtrade team adding ambiance to the show. Mr Dalton provided an upbeat playlist and manned the controls. A stall was also set up by a charity group called Chifundo & Chanasa selling Fairtrade, clothes, cushions and gifts. The models were dressed in Fairtrade clothes supplied by the businesses we contacted. Mr Jones took charge of the Fairtrade wine tasting giving our visitors an insight into the wonderful flavours of Fairtrade wine, a special treat. Mr Bell and his son managed a stall of Fairtrade items.

Fairtrade Fortnight — 23rd February to 9th March (continued)

The boys also modelled the 6 winning T-shirt designs that Mrs Thompson printed for us. These were later presented in Hall Assemblies to the students who designed them for the Design & Technology T-shirt inter-hall competition. The girls modelled the Year 8 textile designs and the jewellery made in a workshop by Year 8. Paige Bradbury (Year 12) and Andreas Dobson (Year 13) took on the duties of MC keeping everyone informed through the night. There was a raffle on the night of the show with many prizes given out. The show was a great success enjoyed by both participants and spectators.



The week culminated in a collection of Fairtrade food from the students for a non-uniform day on the last Friday of Fairtrade Fortnight. The students did us proud again this year with a massive collection of Fairtrade food. Mr J Keegan dressed up in a banana suit after students collected money for him to do it. He wore the suit all day from his 8:00am SLT meeting in the morning to posing at lunch with the students to last bell at 3:10.



Thank you to everyone for raising awareness of Fairtrade and their mission in helping reduce poverty in the world. Locally our community will benefit from the collections. The work has now begun for the Fairtrade team to sort and pack the food into hampers for the care homes and local foodbank.

Mrs J. Hewitt



History visit to the WWI Battlefields

On February 11th – 14th we took a group of 35 Year 9 students to visit the World War One battlefields of Belgium and France.

After a long day's travelling we arrived at our accommodation and, following the evening meal, we were treated to a very informative presentation by our excellent tour guide Tom Morgan. The presentation included two of our students, Connor and Lizzie, having the opportunity to dress in the uniforms of World War One soldiers and nurses.

Our first day's tour followed a packed itinerary mostly centred around the beautiful Belgian city of Ypres which was almost completely destroyed during the war and then painstakingly rebuilt by its residents after the war was over. The tour also took in the Essex Farm Cemetery where John McCrae wrote his famous poem 'In Flanders Fields'.

On Thursday evening we witnessed the moving and very memorable Last Post ceremony underneath the Menin Gate in Ypres. The memorial contains the names of 55,000 missing soldiers and is the only place in the world to host a Last Post ceremony on every evening of the year. A group of Upton students also had the honour of laying a wreath during the memorial service.

On Friday we spent the day visiting some sites of the infamous Battle of the Somme in 1916. Our tour included a walk around the enormous Lochnagar Mine Crater created by a mine detonated on the first day of the battle. We also heard some very moving and heroic stories from Tom about some of the soldiers who fought on the Somme particularly at the Devonshire Cemetery and the Newfoundland Memorial Park. A visit to the imposing Thiepval Memorial brought home the sheer numbers of men who went missing, as the monument holds the names of over 70,000 soldiers with no known graves.

A tour of some of the sights of the Belgian town of Poperinge on Saturday morning rounded off what was an extremely memorable and sometimes emotional visit for our students and staff.



Mr Mulhall



Creative Graduates

Two members of the Art Department, Miss French & Miss Bennett, recently graduated from the University of Chester with MAs in Creativity for the Professions.

Here are a couple of pictures from their Graduation Day.

Congratulations to you both!



Inter Hall Competitions

As part of our Hall Ethos, students have been entering numerous Inter Hall competitions during the different Hall Weeks. All entries receive 5 Hall points, and the winner 100 Hall Points.

The **first competition** was held during the Hall week 13th-17th October 2014, with students being asked to "Design a Logo" to represent our Hall System. Their design needed to reflect the different halls and their identities, including the hall colour. During this week, students were reminded about their Hall and what their Hall stands for, to help with their designs. We received numerous entries for this competition. The chosen winner for this competition was Anna Todd in Year 11 (winner logo pictured).



Anna Todd
IY5YU



The **second competition** was run by Suu Kyi Hall. During the week Dec 8th-12th, Hall assemblies were held, based on Human Rights' Day. Students were introduced to the Amnesty Write for Rights campaign, and encouraged to participate. Form groups were provided with some current Amnesty campaigns suitable for Youth Campaigns. As part of their PLaN work, they could e-mail, design a Christmas card or write a letter, in support of their chosen crusade.

The response was overwhelming, with over 300 entries; awards were given to Halls, rather than individual members, as many of the entries were team efforts. One Form even wrote their cards in Spanish! Mendes Hall received the most letters/e-mails. A display has been created with some of the wonderful work by our amazing students!

Some comments from our students:

'I loved doing this work. I realized just how lucky we are in England, and what we take for granted, others have to fight for...' Year 9 student

'Amnesty Write for Rights makes you feel like you are making a difference. Some of the things that happen to people in the world is just so wrong. We have to help.' Year 10 student.



The **third competition** saw Design & Technology, the Fairtrade Team and Yunus Hall working together. Students were asked to design a Fairtrade and Ethical T-Shirt. From the hundreds of entries received, 6 winners were chosen. These lucky students had their t-shirt designs printed and showcased at our Fairtrade and Ethical Fashion Show on Wednesday 4th March 2015. All entries again received 5 Hall Points, and the winners 100 Hall points each, as well as Fairtrade chocolate. 9 runners up, also won Hall Points for their Hall and a box of Fairtrade chocolate.



Monica Rose
9Y3SU



Dina Islam
9X5YU



Claudia Booth &
Sophie Dean
11Y4WO



Katie O'Toole
7X1MA



Neve Tuggey
11Y1SU



Suzi Oliver
7Y5YU

The runners up were:-

Daisy Saxby 7X3SU
Sam James 7Y5YU
Hannah Kelsey 7X4WO
Cerys Adams 7X3SU
Beth Jones 11X1YU
Katie Pogue 8Y2YU
Claudia Booth & Sophie Dean 11Y4WO
Sam Chesworth 9X4WO
Manuela Oyekan 9X2MA

**Miss Noel (Yunus) &
Mrs Jackson (Suu Kyi)**

Sixth Form Charity Week 9th - 13th February

This year the Charity Week has raised over £5000. Read on to find out more about this outstanding accomplishment.....

Every year the whole of Upton-by-Chester High School joins the Sixth Form in charity week, in which the Sixth form inspires the school to give as much money as possible for a chosen charity. The Sixth formers arrange events which involve spending a day in fancy dress and the teachers embarrassing themselves in the hope of raising money. This year the charity was Mind, a charity put forward by a Form student and voted for by the sixth formers. Mind provides advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding.

The overall number of people with mental health problems has not changed significantly in recent years, but worries about things like money, jobs and benefits can make it harder for people to cope. About a quarter of the population will experience some kind of mental health problem in the course of a year, with mixed anxiety and depression the most common mental disorder in Britain. 2.6 in 100 people suffer with depression, 9.7 in 100 people suffer with mixed anxiety and depression and 4.7 in 100 people suffer with anxiety. Local Minds support over 400,000 people across England and Wales. Their services include supported housing, crisis helplines, drop-in centers, employment and training schemes, counselling and befriending. 14,215 new people joined Elefriends, which is minds online support community that offers a safe place to listen, share and be heard.



The charity is very relevant to students of the Sixth Form as well as the younger years. The impact of mental health can cause major strains on families and on the individual. Signs and symptoms of mental illness depend on the particular disorder, circumstances and other factors. A few examples of symptoms are: feeling sad or down, excessive fears or worries, extreme mood changes, detachment from reality (delusions), paranoia or hallucinations and suicidal thoughts. Mind works to inform, assure, help and improve the lives of people living with mental illnesses.



To kick start the week, the entire Sixth Form wore 'onesies' to school on the Monday. This was not only great fun to take part in, but also raised awareness to the rest of the school that charity week had begun encouraging more money to be donated. We had a wide range of onesies, from leopard print to hot pink, and from polka dots to monkeys, each one as unflattering as the next. The lower school were extremely generous and massively supportive of all of the Sixth Form activities; with the school raising over £1000 on the first day of charity week!!!!

Toria Byrne (13x5wo)



Sixth Form Charity Week (continued)

Staff vs. Students Football

On the Wednesday of Charity Week after school, both lower and upper sixth formers took part in an 11 a-side football match playing against a staff team. Although there was a competitive edge between the students and the staff, both teams played well and accepted the referee's decisions. The staff were first to score, it was at this point that the students knew it would be a harder match to win than previously thought. However, the students equalized just before half time putting the score at 1-1.

Ten minutes into the second half Mr Bell put the teachers ahead again with an amazing goal! The crowd were on the edge of their seats. As we were nearing the end of the match the teachers were starting to look tired, this showed as the students pressed harder scoring two more. The final score was 3-2 to the students. Altogether we raised around £30 from the match.



Leg Waxing - One for the boys!

The bravest or most foolish boys signed up to have their legs waxed by a team of sadistic girls. In front of a lively audience in E block, trousers were rolled up, wax strips applied and ripped off to huge cheers. Some guys retained their dignity and laughed it off. Others were practically reduced to tears!

Special mention goes to Mr Pritchard and Mr Winskill who also had their legs waxed publically. What most people forget is that this contribution to charity week has a long lasting effect. The boys and staff still have patchy legs as the regrowth begins. As for the regrowth itself - it has the look of chicken legs!!



Thanks to all those who came along to watch - your donations helped to swell the charity week funds. Next year, we will charge all those girls 50p for every wax strip that they delight in ripping off, so get ready!!

Sponge the Teacher

This year's 'Sponge the Teacher' took place at breaktime on Tuesday 10th and Wednesday 11th February. Students from the lower school were given the opportunity to soak seven brave teacher volunteers, to raise money for this year's charity Mind for Better Mental Health. Orange buckets filled with ice cold water were prepared and chairs for the victims were lined up on the stage outside D-block. Students swarmed around the area with coins at the ready, looking forward to getting back at their teachers, perhaps fuelled by memories of past detentions and demerits.

The greater the donation, the more brutal the soaking as options included multiple sponges and the chance to throw an entire bucket. Shots with single sponges were thrown with great precision and there were many direct hits into the faces of the poor teachers as students aimed with concentration their teachers would never have believed they possessed. Full buckets of water were tipped over the heads of the shivering staff and even fellow teachers paid their pound to see their colleagues soaked for such a great cause.

Teachers: Mr Casstles, Mr Warwick, Mr Kane, Mr Tock, Mr Doherty, Mrs Smale, Mr Owen

Georgia Robson (13x2yu)



Sixth Form Charity Week (continued)

Penny Saver Competition

A return of the penny saver competition saw Forms and Halls competing to win the ultimate prize. Every form in years 7-11 was given a 2 litre bottle with the challenge to fill it with as much loose change as humanly possible! The 2 week event raised a grand total of £301.50 – enough pennies to encircle the entire school. Yunus Hall stormed their way to victory with a whopping £120.73 raised by their Forms, what an achievement. Second and third place went to Wood Hall and Maathai Hall respectively, with a nail biting £2.86 between them. Mrs Mitchell's form took the prize for the most raised by a form at £42.53, beating the previous all time record.



The response to the competition was incredible and accounted for a large chunk of the grand total from a busy week of fundraising. So thank you to everyone that donated their loose change to such a fantastic cause, you have helped change the life of many people under the MIND charity. Also a big shout out to the countless number of Sixth Formers that dedicated their free periods to counting and bagging the endless streams of change, a big well done!

Katie Oliver (12x7me)

| Place | Hall | Total Raised | Form | Total Raised |
|-----------------|---------|--------------|------|--------------|
| 1 st | Yunus | £120.73 | KMI | £42.53 |
| 2 nd | Wood | £60.88 | JBR | £26.88 |
| 3 rd | Maathai | £58.02 | TCO | £20.28 |

Congratulations to our newly elected Head Girls & Boys and Prefect Teams for 2015/16

| | <i>Maathai</i> | <i>Mendes</i> | <i>Suu Kyi</i> | <i>Wood</i> | <i>Yunus</i> |
|-------------------------|---|---|---|---|--|
| Head Girl | Elizabeth Dearden-Williams | Chanel Hasan | Kelly Duckers | Leah Hartley | Lucy Birchall |
| Head Boy | Jack Gooding | Scott Middlehurst | Misbah Uddin | William Davies | Jake Vickers |
| Deputy Head Girl | Olivia Haslam | Cecile Armitage | Jessica Proctor- | Elizabeth Osborne | Katie Broster |
| Deputy Head Boy | George Metcalf | Matthew Jones | | Michael Johnson | Zac Challinor |
| Senior Prefects | Rebecca Barker Jack Jones Rebecca Young | Jake Beeton Anna Horn Megan Finney | Holly Darwell | Esther Johnson Anya Read Billy Morris | Georgia Williams Christina Sullivan Isobelle Daniels |
| Prefects | Shumina Ahmed Rachel Bailey Katie Chisholm Olivia Foreman Josh Humphries Tom Wilcox Jessica Welsh Sarah Williams | Jessica Smith Rachel Emery William Rose Ella Dalton Skye Darlington Jack Johnson Holly Chambers Olivia Burke | Liam Bytheway- Jackson Charlie Curry Lucy Gilfoyle Connie Haigh Michael Hughes Katherine Jackson Beth Nicholson Emily Pentith Rhianna Salmon | | Abi Hegerty Smith Phoebe Orsmond Emma Waring Cameron Piercy |



Sports Report from the PE Department

Football

Year 11 produced an outstanding display to win the Chester and District Cup Final, finishing 3-1 winners against Bishop Heber on Wednesday 18th March. All of the Upton goals came in the first half, and the opposition came out strong in the second half and reduced the deficit, but Upton controlled the game well preventing further scoring. This completes an amazing run of success for this team in reaching and winning the District Finals over their 5 years in school.



Netball

Year 7a came 2nd in the Chester & District

Year 8b came 2nd in the Chester & District

Year 8a came 2nd in the Chester & District



Rugby

Year 7/8 Girls came 2nd in the Chester & District

Year 7 Boys beat Tarporley 24-19 to win the Chester & District Cup Final



Badminton

The girls are North West Regional Champions for Key Stage 4. Champions again for the 5th year running!

Please check our website for our latest news and any changes to the school calendar.

<http://www.uptonhigh.co.uk>

Follow us on twitter @UptonVoice