

Upton Voice

Upton-by-Chester High School Newsletter

March 2017

Sixth Form Charity Week

The Sixth Form students held their annual Charity Week at the end of February to raise funds for their chosen charity, which this year was the Hospice of the Good Shepherd, a charity which the students felt is truly deserving of our attention and in need of some funding.

There was much excitement throughout the week, as students organized a 'Onesie Day', leg-waxing, staff karaoke, sponge the teacher, daily cake baking and selling, car washing and much more. The highlight of the week was the final day, which was non-uniform for lower school and Fancy Dress Day for the Sixth Form students, who made a tremendous effort with some stunning costumes.

All in all, it was a highly successful event, and we are proud to say that the impressive sum of £4750 has been raised for the Hospice, an amazing achievement! Thank you to the whole school community for your support.

Miss W. Gordon
Director of Sixth Form





















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Holocaust Memorial Day 2017

On 27th January we organised for our school to tune into the live broadcast of a survivor's testimony. Groups of Year 9 historians, as well as the two of us, had the privilege of listening to the testimony of Mala Tribich, a woman who lived through the events of the Holocaust and now makes it her duty to share her story in order to raise awareness, especially amongst younger generations. The students all listened attentively, as for many this will have been the first opportunity they have had to hear a first-hand account and a more personal depiction of these events.

The talk was organised as part of our "Next Steps Project" with the Lessons From Auschwitz organisation, and gave us an opportunity to briefly talk about our views of the Holocaust and comment further on the themes that Mala mentioned. For instance Mala spoke about the contemporary relevance of the Holocaust and the theme for this year's Holocaust Memorial Day "How can life go on?", which we also want to focus on when talking to students about our work with the LFA organisation.

This is because we were given the opportunity to visit Poland for the day and whilst there we visited an old Polish town, which before the war had a large and prevalent Jewish community, but after the war ended those who survived did not return. We were also taken on tours of Auschwitz I and Birkenau, an experience that we know will stay with us for the rest of our lives.

The whole experience has been an eye-opening and enriching one and we are looking forward to being able to carry out workshops with other students lower down the school to further teach this topic, raise awareness of the events and ensure that when people hear those incomprehensible statistics, they know about the individuals behind them.

Juliana and Alex Year 13





Get Caught Reading

To celebrate and promote reading, the Learning Hub has launched a new initiative around school—**Get Caught Reading**. School staff have been watching out for pupils reading around the school. This could be, for example, while waiting for Form time in the morning, when pupils have completed their assigned work in a lesson, during break and lunchtime, basically any unprompted reading.

On World Book Day we held an event for all those pupils who have been "caught reading" so far. A buffet of sweet delights was enjoyed by all before we held a raffle for prizes. To be in with a chance to attend the next event, you must be reading around school.

The Spring break is the perfect time to get reading and the Learning Hub wants to know about it. Email a photo of reading in an unusual place to **ryand@uptonhigh.co.uk** or tweet with the hashtag **#getcaughtreading** to **@uptonlearnhub**. The possibilities are endless. If you are captivated by a great book you will not be able to put it down, no matter where you are.

Mr Ryan Learning Hub #getcaughtreading





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

Once again we have had a busy but very rewarding term. This issue is packed with a wide range of activities and events. The Sixth Form charity week raised an impressive amount. The school production, Billy Elliot, drew record numbers and brought critical acclaim from all. Our collaboration with Chester Zoo continues to benefit our students.

I must also draw attention to our girls and boys' sporting success in Netball, Handball and Football. It has been a super term and I am very proud to be part of a school which values greatly extra curricular and sporting activities.

Have a restful Easter.

Best wishes.

Mr J. Arnull Deputy Headteacher

Battlefields Visit

On Friday 17th February a group of 44 students from Years 9 and 10 departed for a four day trip to the World War One battlefields

of France and Belgium. We spent a day in the area of Ypres and visited a number of cemeteries and battlefield sites as well as the impressive Passchendaele Museum. We attended the nightly Last Post ceremony at the Menin Gate where four of our students (Alex, Eleisha, Charles and Katie) were chosen to lay a wreath at the memorial. Sunday was spent exploring some of the significant sites of the Battle of the Somme and Sunday morning was spent in the Belgian town of Poperinge, a very important town behind the British lines where many of the soldiers could enjoy some rest and recreation.

The following recollections of the visit were written by **Abbie**, one of our **Year 9** students who attended:

"I have recently returned from my trip to France and Belgium with the History department. It was really enjoyable. We stayed in a private building on a site built specifically for school trips, which was in an ideal location for driving to Ypres on Day 2, and the Somme on Day 3. All the staff were really friendly and our tour quide Tony was very informative.

One of the places that really sticks out in my mind is Tyne Cot, a military cemetery and memorial to the missing. It was shocking to look out over the rows and rows of white headstones and think that all of these men died so that we could live the life that we live. I found the name of a possible relative on the memorial to the missing there, and thought that it was sad that they have never had a proper burial. Two-thirds of the headstones at Tyne Cot were for unidentified soldiers, with the inscription on the headstones being 'A Soldier of the Great War. Known unto God.' The inscription was chosen by Rudyard Kipling, whose son died in the war. I think that it is poignant that all soldiers were commemorated in this way, even if their bodies were unidentified.

Another memorial that struck me with the scale of sacrifice of World War One was the Menin Gate. This memorial to the missing has 54,000 names engraved onto the walls, and there is a Last Post ceremony for the soldiers on the memorial every night at 8 pm. The entirety of the structure was astounding and really made me think about just how many lives were lost in the war.

I had a really good time on the trip, and learnt lots about World War One whilst strengthening existing friendships and creating new ones."

Mr Mulhall History





#thisgirlcan — These girls certainly can!

On Saturday 11th March I took the Under 13 and Under 14 Netball teams to Whitby to play in the Cheshire tournament. Both teams were impeccably behaved and played some fantastic netball.

The Under 13 team included Georgia B (Capt.), Lauren S, Freya S, Nyah S, Lucy T, Lilly C, Ella J, Dervla D and Chloe P and they finished 6th in Cheshire.

The Under 14 team, with only 7 players, showed true character and determination playing 10 games with no substitute. They won 9 of their games and drew one resulting in them becoming **Cheshire Champions!** The team was Liv H (capt.), Daisy S, Laura R, Olivia S, Finley H, Jess H, Abi R and coach Cerys G.

On Monday 13th March I took the Under 15 Handball team to play in the Cheshire and Warrington Winter School Games. With Josie H captaining the team and Amy Mc, Liv H, Libby J, Katie P, Suzi O, Cerys G, Emma F, and Jasmine Y rotating the outfield positions, the team developed their play throughout the tournament and started to show glimmers of brilliance in fast break attacks. Solid defending saw us power to three wins and one draw and we were crowned **Cheshire Champions!**

A huge congratulations to the all the girls involved, you are a pleasure to coach and are a real credit to the school.

Miss Szehofner
Head of Girls PE







Succeeding in Exams Evening

On the 6th March we held our annual exam success evening to prepare Year 11 pupils and their parents for the forthcoming exam season. The event has received great feedback in the past and this year once again proved popular.

Andrew Newton, an experienced educational trainer, led this lively evening which included the following areas:

- Revision Techniques
- Stress Reducing Tips
- Organisational Skills
- Parental Help
- Time Saving Tips

Some feedback on the event from our Year 11s:





"I attended the evening for parents and students and personally found the experience really eye opening. I felt like someone understood our stress and made others realise too. The activities got us interacting with other people's parents which was also very eye opening. It helped me alter my revision and spend my time more effectively, but also know when to give myself a break without guilt."

"I attended the afterschool revision evening on Monday and feel as though it was helpful to know how the body deals with stress and how to we can cope with it. I found it interesting to see how someone else feels time is used best during revision. I think I will definitely use some of his methods in my own work."



Billy Elliot the Musical

The importance of drama and music in Upton-by-Chester High School struck me as I was waiting backstage on the opening night of Billy Elliot the Musical. I felt an overwhelming sense of excitement, anticipation and community across all school years, as students from Year 7 right up to Year 13 wished me luck as I prepared to



enter the stage as my final role in a school production at Upton as 'Grandma'. It was an amazing feeling to have shared my last production at the school with such a kind and fabulous cast, each student as whole-heartedly passionate and talented as the next in their own way.

As always, rehearsals really took off with the annual trip to Menai, a tiring yet fun-filled experience unique to the school, where the entire cast have a chance to get to know one another, and really nail down some of the trickiest and most important scenes, songs and dances. Saturday night consists of a showcase, where principles perform songs and scenes, and dancers perform numbers they have been working on. At this point it really is always great to see how much progress has been made by the cast, and it is nervewracking yet extremely rewarding to perform to the cast and teachers what you have been practising and working tirelessly on. After the showcase, the traditional themed disco is held, this year with an 80s appropriate 'Ghostbusters and Gremlins' theme. It is a chance for the cast to mingle, celebrate all their hard work and enjoy themselves.

Weekend and after-school rehearsals followed leading up to the final performance of Billy Elliot. All three nights completely sold out and the matinee was praised by the local primary schools who visited to view a showcase of songs and dances. The show was commended to be one of the best Upton High has ever produced, with powerful messages regarding solidarity and expressing yourself. There were both tears and laughs from the audience and from the cast, particularly on the final night!

I feel truly blessed to have been a part of this production in my final year at Upton High, and very much hope the community spirit of drama and music lives on in the school long after I am gone. The teachers did a brilliant job of staging what has been reviewed as 'without a doubt, the best school production ever'. Well done again to all the cast and staff involved and thank you all for making it an experience I'll never forget!

Anna Year 13













Courmayeur Ski Trip – 18th to 26th Feb 2017

We set off on the Saturday from Upton and travelled 22 hours via coach and ferry to our resort in Italy. There were a big range of ages on the trip from year 7 to Sixth Form. All together the trip was good, skiing was great.

We all went to ski school and the ski instructors were all very nice and improved your skiing over the week. Our ski group had advanced skiers and there were 8 of us in the group, 3 from Upton High. Karl, our instructor, really pushed us to progress but allowed fun skiing when we wanted (lots of moguls and black runs). Some of the ski trip pupils had not skied before and had progressed to red runs by the last day.

In the evenings, we did some stuff including bowling, and a pizza night and trips into Courmayeur to walk around and have a crepe or ice cream. We came back on the Sunday to Upton all in one piece (nearly) and all enjoyed it.

Tristan Year 9











Y7 Science Club go into property development

Members of the Y7 Science Club have been working very hard over the last few meetings, planning and constructing a bug hotel in the ecology garden.

There were a number of obstacles that the young scientists had to overcome to get to the final construction phase. It all started with the planning of the construction, they researched how to build such a structure, what was needed and how to build it. Then they had to look into what the future guests required, to make it their home for the summer months. Winter hibernation and egg care facilities were all duly considered.

With the plan in hand they all had to forage and collect all materials as we wanted this to be an eco-hotel, so all materials had to be natural or recycled. Once collected we all had to decide just how the hotel was going to be constructed with the material we had found.

Then came the SOS BIG BUILD for indeed our bugs needed our help. Soon the first three floors were constructed, with an array of bedding and food, the entries on all levels were carefully constructed, to allow ease of access to the more comfy interior. Then a water proof membrane applied, to separate our guests and keep them nice and dry. After which the next layers were added with different internal environment and a penthouse suite of an old boot firmly in place. On with the final waterproof roof and heavy logs to secure and provide a habitat for the more adventurous of our guests.

The Upton High Bug Hotel is now open and already we have received eight 5* reviews on bug trip adviser and look forward to many years of a busy hotel.

A huge thanks to Mr Mottram, Dr Wilson, Mr Lydiate and Miss Guest for helping with various aspects of the planning and construction and above all our young researchers and workers without whom the bugs would not be as happy this year.

Mr Caine Science



Fairtrade Fortnight 'Fairtrade Breaks' 27 February—12 March

Fairtrade Fortnight began when we returned after our half term break. We held assemblies with Second Deputy Head Mr Keegan and Yunus Hall Leader Miss Noel informing each year group of events, lessons and reasons why we should buy Fairtrade and about how the children could encourage their parents and carers to buy Fairtrade. 'The Hut' (tuck shop) was open every day through the second week. Fairtrade reps helped out and they provided 'crack the safe' where students paid to try and open the safe for a prize

inside, we sold Fairtrade cakes and biscuits which were a resounding success.



'Crack the Safe' winner Jessica (Yr 7)

Bronwyn and Bradley (both Yr 7) helping at breaktime.

Telping at

A Fairtrade Quiz was written on Socrative for the iPad and a Quiz and Map activity (what is Fairtrade?) was issued to the teachers to be used in PLaN (Pastoral, Literacy and Numeracy) time for KS3.

Fairtrade lessons were held in every subject, with competitions set up for: ART – best design of Fairtrade break MUG; DT/FOOD – best Fairtrade break PLATE; COMPUTER SCIENCE – Research and design a Fairtrade poster 'What is Fairtrade Fortnight's theme 2017'; ENGLISH – Acrostic Fairtrade break poem.



We again ran the Maltesers 'guess how many' in the tub game for the students and the winner is still to be drawn. Prizes are also waiting to be drawn for the best design Fairtrade Break Mug and Plate. Watch this space!

This year we asked students to 'Guess the staff Banana' and Mr Keegan passed the banana suit across to our ten volunteers. They donned the suits over the week leaving students wondering who the banana was today? Winners to be notified this week.



Tom (Yr 10) and Eleanor (Yr 11) promoting Fairtrade

The week culminated in a collection of Fairtrade food from the students on the last Friday of Fairtrade

Fortnight. Everyone in the school raised awareness of Fairtrade and their mission in helping reduce
poverty in the world. Locally our community will benefit from the food collections. The work has now
begun for the Fairtrade team to sort and pack the food into hampers for the care homes and our local food bank.

A big thank you to all the students and their parents who acknowledged this important issue and raised awareness of Fairtrade to retain the school's Fairtrade status for another year.













Ben's 10 for 10

Ben O'Brien (8Y2ME) recently did something extraordinary to celebrate his sister Libby's 10th birthday and raise vital funds for Claire House Children's Hospice. Libby died at Claire House just before her 3rd birthday having been diagnosed with Ewing's Sarcoma cancer when just 16 months old. In her memory Ben challenged himself to run 10 miles around The Groves and Meadows along the River Dee banks.

On the day over 20 fellow runners joined him to run some of the distance including schoolmates Peter, Isaac, Harry and Elliot. In completing his challenge Ben raised over £2,300 for Claire House via his fundraising page https://www.justgiving.com/fundraising/Tenx10.

Claire House said "It's amazing what Ben has achieved in Libby's memory and his fundraising will help to continue our support of children with life limiting illnesses and their families. We are so proud of Ben!"

Ben is planning to run 11 for 11 next year!



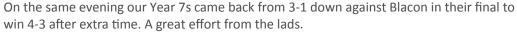




Footballing Finalists

Our Year 7, 8, 9 & 10 Boys Football teams have tasted success this season with all of them reaching the Cheshire & District Cup Finals. All of the teams have displayed togetherness and grit and determination to win some tough matches.

On March 22nd the Year 9s fought hard in a thrilling final to finish 3-3 after extra time. Sadly they lost 5-3 on penalties to Christleton. They can be proud of their performances this season.



At the time of going to press, the Year 8 &10 Finals were being rescheduled due to bad weather. Best of luck boys!



Film Buff Challenge

Our Filmclub has been invited to take part in the Into Film Buff Challenge. It is a pilot project and we are very lucky to be included. The Film Buff framework provides support and encourages pupils to expand their film knowledge and experiment with their film selection, recognising and rewarding more adventurous choices. By introducing young people to a wider variety of film they will discover classic stories, open their eyes to other worlds and cultures, and nurture a life-long love of cinema.

The Film Buff collection of films is a specially curated list of 300 titles that have been chosen with the young audience in mind. The aim is to challenge members to watch a variety of key genres and titles from across film history. Some examples from the 11-14

collection include: April and the Extraordinary World (Animation); The Third Man (British); Shaolin Soccer (Foreign Language); Man on Wire (Documentary); The Bride of Frankenstein (Black & White); Rear Window (Popular Classics); Invasion of the Body Snatchers (Science Fiction).

By watching and reviewing 5 films, pupils will receive the Silver Film Buff Award. 10 films will be a Gold Award and 15 Platinum. The pilot runs until June. Pupils who are interested in taking part can speak to me in the Learning Hub.



"Our Day Out" at Theatr Clwyd

Two of our Year 7s will be taking part in "Tip Top Theatre Production" of "Our Day Out" in May at Theatr Clwyd. Ted and Joe audtioned with over 60 children to be part of the small cast. They will appear alongside on of our ex-students, Joe Mears.

Miss Thompson has arranged a trip to see the production, so please see her if interested.





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Our Day Out by Willy Russell May 16th - 20th 2017 Theatr Clwyd

Synopsis:



Science of Conservation Zoo Trips 2017

Last month over 300 young scientists, over 6 days, were treated to amazing educational workshops, both classroom based and in the Zoo itself. The students were treated to a wide range of topics all about Chester Zoo's conservation work in the wild, along with specialised topics on a wide range of animal based themes. The general public on a number of occasions commented on how polite and well-mannered our students were in the Zoo, which is a great testament to our student population and their interest in the Zoo, conservation science and how it works.



In conjunction with Chester Zoo we will shortly announce an amazing competition with fantastic prizes for all the students who attended this trip. I must also thank the amazing Science teaching and support staff as without their dedication and hard work these conservation trips would not be possible. Finally and not least a huge thanks for the Zoo's educational staff for organising such a wide range of engaging educational workshops which all of our students and staff thoroughly enjoyed.

Mr Caine Science

Recording an album at St Paul's Cathedral

Joe in Year 8 travelled down to St Paul's Cathedral in January to record an album to promote the Diamond Fund for Choristers charity. Joe also sang in a concert last year to launch the charity. The album "Jubilate: 500 years of Cathedral Music" was released on March 17 by Decca/Classic FM.

St Paul's Cathedral choir were joined by 50 young choristers from cathedrals around the UK and Aled Jones. The project is directed by Andrew Carwood and will raise money for the Diamond Fund For Choristers which aims to help young choral singers and secure the future of cathedral music.



The project released a promotional video in which Joe features, both being interviewed and singing. https://www.youtube.com/watch?v=Ms9Mq9OQBjE





Digital Technology Update

During the last half term ELF students and Digital Leaders took part in an iPad training day. Both days were led by a trained Apple educator.

The Year 9 ELF Students and the Year 10 Digital Leaders took part in their iPad training day on Monday 6th February. The students created an interactive e-safety wall. They produced posters using pic collage that contain QR codes. The QR codes are linked to films, that they created using an app called Quik. The students are now going to share these films that contain important messages about e-safety with all Year 7 and 8 students.



Students using both iPads and traditional learning tools to create work for the e-safety wall



Students being taught how to use the Quik App



The finished e-safety wall

The Year 7 & 8 students took part in their training day on Wednesday 8th February. They were tasked with making short animation films with positive messages, about the transition from primary to high school. The ELF students did this by creating plasticine characters, preparing scripts, creating green screen backdrops and using the iMotion app.



The plasticene models



Anna & Rhona preparing their iMotion clips.





The students are now going to use their newly gained digital technology skills and knowledge, to prepare a transition workshop for Year 6 students. They will also be sharing their films with Year 6 students to help support a smooth transition.

Both training days were a great success and enjoyed by all students who attended. The activities enabled students to gain some valuable skills, which they can now pass on to their fellow students. All students produced some excellent work, with clear important messages that will benefit current and future students at Upton-by-Chester High School.

Mrs Keefe Staff & Student E-Learning Coordinator



Sixth Form taught a footballing lesson

You always say to any pupil that they can move up a grade boundary through hard work and perseverance. Under the floodlights at Brookhirst Mr Doherty's men went from scraping a Pass to the perfect Distinction.

Mr Owen failed a late fitness test as Referee. Only being able to run in straight lines ruled him out so he was replaced by Owen from the Sixth Form.

The Staff team seemed to have a nice blend of experience in age and in departments, opting for the academic subjects playing the defensive roles, anchored in midfield by the exciting ball playing abilities of Mr O'Donnell and Mr Wearden. Mr Medland was joined up front by the white boot wearing Maths new boy Mr Hill, who had been given a big build up by Mr B. Jones prior to the game (we hoped he had the formula).

The game started and it was apparent that the Sixth form fancied their chances with wave after wave of attacks in the first 20 minutes. Only a couple of smart saves from Mr M. Jones in goal and some last ditch defending from Mr Ryan



kept the boys at bay. Although under extreme pressure, the staff did see opportunities to get forward on the counterattack, Mr O'Donnell spreading the play well and Mr Davenport giving a real threat down the left.

It was through one of these breaks that the Staff created a clear chance. The lively Mr Hill was found in space by Mr Wearden and attacked the by-line delivering a superb back post cross. Mr Dixon peeled off at the back post heading over from 6 yards out. The staff were made to pay almost instantly as a well worked move by the Sixth Form gave them a great chance to strike at goal. Joe hit the back of the net and it was 1-0, with momentum firmly against the Staff.



Mr Bell was added to the team and his fitness and drive certainly added something to the midfield. Although the Staff still looked like they could concede a second, the belief that they could score themselves grew. With 5 minutes left in the first half Mr Medland found a pocket of space in the area, a drop of the shoulder and he was through. Just as he was about to pull the trigger he was hauled down by Jack and a penalty was awarded by referee Owen. Mr Hill stepped up and slotted home, it was 1-1 and the half-time whistle sounded.

Senior players Doherty and Petty passed around the Jaffa cakes and water while a sense of belief grew amongst the group. Mr Wearden was withdrawn after a steady first half shift. The second half started at a great pace, which

was sustained for the entire 30 minutes. Rutter, Petty, Downie, Ryan and Doherty stood firm under heavy pressure. Hill and Medland looked to hold it up whenever possible and release Mr Bell and Mr Davenport in the wing back roles.

The Staff did start creating chances with Hill, Dixon and Medland all going close as O'Donnell pushed forward putting Mr B. Jones into the Ngolo Kante role in midfield. Medland was unlucky not to get a second spot kick when tripped in the area. This time referee Owen could not make his mind up and waved away the claim. Hill was causing problems and with just a few minutes to go he managed to break free, catching a break as he rounded the keeper before coolly slotting home to make it 2-1. The last few moments slowly ticked down, the Staff well and truly got the bus and parked it to ensure the victory.

The final whistle went with Staff arms aloft. Hill was outstanding bagging two goals, but the Man of the Match (sponsored by the Green Room) went to Mr Ryan, a man mountain at the back keeping the students at bay.

#Forza Staff

Mr L. Dixon
Pastoral Co-ordinator



Amy's trip to the Gambia 2017

Over February half term I spent a week in The Gambia, Africa. It was a life changing experience for me. During the week we did many activities with the local community, but our main purpose for the week was to raise disability awareness and to change negative attitudes towards disabilities. In Gunjur they have recently built a new Inclusion Centre for children with disabilities and we spent a lot of time in this centre over the week, working with the children and celebrating the similarities and differences in our cultures.

Amongst the many activities we did such as working in the local school, visiting the local communities, taking resources to families and even attending a performance in Gunjur that Disability Africa (the Inclusion Centre) had created as their way of trying to change attitudes towards disabilities, we also did a presentation to over 150 students and lecturers at a local University, showing a video we had made about how having a disability is nothing to be ashamed about, and how the world is an amazing place when people support each other and look after each other.



As well as leaving copies of the video for the Inclusion Centre to use in the local community to raise awareness further, we took thousands of resources over in our suitcases and donated them to the local schools and the Inclusion centre, including stationery, exercise books, clothes, toiletries and lots, lots more!



I can honestly say that the week I spent in The Gambia has changed the way that I view the world now. Seeing all the poverty was heartbreaking, yet I found that the people living in the communities were happier than we are in England! They have so little, yet they are some of the friendliest, most welcoming and loving people I have ever met. Not only has it made me appreciate what I have more than ever, but it's reminded me what's important in life; family, friends and being happy!

I want to say a massive thank you to everyone who sponsored me and made this trip possible for me. If you ever get an opportunity to visit a country like The Gambia, definitely take it! I made so many friends and amazing memories, and I am hoping to go back next year for a month to volunteer at the Inclusion Centre, as the place means so much to me. Thank you everyone once again!



Amy Year 13

Dates for your diary

Monday 27th March— Year 9 Parents Evening
Wednesday 29th March—Dance Show
Thursday 30th March— Last day of term
Friday 31st March—Staff training day (School closed to students)
Monday 3rd April to Monday 17th April—Spring Break
Tuesday 18th April—First day of term

We are now on Facebook

The school now has an official Facebook page. "Like" our page and you can keep up with our latest news. We are also still on Twitter @UptonVoice.

https://www.facebook.com/Upton-by-Chester-High-School-1916426305260340/



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

http://www.uptonhigh.co.uk

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