



## Parent E-Bulletin – Autumn Term Week Commencing 9th October 2023

Dear Parents / Carers,

What another busy week it has been in Upton-by-Chester High School!

This week we have enjoyed a performance by the Storyhouse Theatre group to all of our Year 8 and Performing Arts learners, as well as an information evening for parents and carers of learners in Year 8. We have now met with almost all year groups as part of our programme of information evenings. If you have any feedback on these events including any information that you feel wasn't shared with you that would have been useful please do let us know via the [admin@uptonhigh.co.uk](mailto:admin@uptonhigh.co.uk) email address. If you were not able to join us for the relevant information evening, the slides can be accessed from the school website in the parents section.

This week we also had a visit from Dr Gerardo Garcia, Head of Cold Blooded Animals at Chester Zoo. He visited the school as part of our career breakfast programme and it was great to see a number of learners listening to his experience and understanding how to fulfil their dream to work in a similar field. We will continue to run career breakfasts throughout the academic year.

Whilst the vast majority of learners are wearing the uniform correctly, there are a small number of learners where this is not the case. I would appreciate your support in ensuring that the uniform standards are being followed. We will be working with learners on this over the next two weeks.

I hope you all have a lovely weekend.

L Cummins  
Headteacher

### Black History Month

Please use the following link to view the resources we will be using at Upton-by-Chester High School to celebrate Black History Month:

[Black History Month - Upton-by-Chester High School](#)

### The Big Ambition



The Children's Commissioner for England, Dame Rachel de Souza, has launched **The Big Ambition**, a national survey of children and young people across England.

**The Big Ambition** aims to hear from children across England on what they think is important! In the lead up to the next General Election, the Children's Commissioner wants to take children's thoughts, opinions and ideas to decision-makers, to make sure that the Government hears young people's voices on what they think needs to be done to make children's lives better in England.

**The Big Ambition** survey will be open until Friday 15th December.

The survey can be completed here: [www.childrenscommissioner.gov.uk/thebigambition](http://www.childrenscommissioner.gov.uk/thebigambition)

These details will also be shared with learners via the Google Classroom platform.

## **Careers and Next Steps**

Click on the link below to see the latest information

[https://docs.google.com/document/d/1ab57VM41x7\\_yzr0Q19PUj0r4KoWn--X2iSfZR7KI\\_yc/edit?usp=sharing](https://docs.google.com/document/d/1ab57VM41x7_yzr0Q19PUj0r4KoWn--X2iSfZR7KI_yc/edit?usp=sharing)

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## **Information from External Partners**

### **Information shared via Healthbox**

#### **Chester**

CYP Counsellor Clare & Families Mental Health Practitioner Lianne are running a new support group in Chester for parents and carers of children and young people who are struggling with their mental health. This group is open on a drop in basis and does not require attendance to each week.

More information can be found on the flyer below.

[Find out more](#)

#### **Cast Support Group | HealthboxCIC**

A relaxed and helpful space for parents and carers of children and young people with mental health issues, where you can identify and share your concerns and experiences and encourage, support and learn from each other in a safe and friendly environment.  
WHEN: Every Wednesday for 12 weeks (except October half term), starting 20th September \*please note this is a drop in group, participants do not need to attend every week if they do not wish to\* TIME: 10:30am - 12:00pm WHERE: Crossroads Community Hub, Dicksons Drive, Newton, Chester, CH2 2BH. COST: Free (refreshments provided).  
Booking not essential, just turn up!  
[shoutout.wix.com](http://shoutout.wix.com)



**ACCREDITED**  
PART OF ENGLAND FOOTBALL



## Girls Football - Upton JFC



### Year 7 Girls



**Want to have fun playing football?**

**Upton JFC U12's are looking for new players.**

**Come and give it a try.**

**Training:** Thursday 5:45-6:45pm in Upton.

**Matches:** Saturday mornings in the Cheshire Girls League.

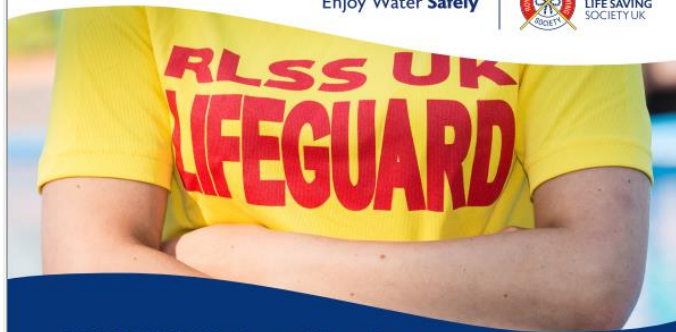
**Email:** [uptonjfcmembers@gmail.com](mailto:uptonjfcmembers@gmail.com) for more information.

Upton Junior Football Club is your local community grassroots club.


We are affiliated to Cheshire FA & 3 Star Accredited by the FA

– the highest level.

Follow us on twitter @UptonJFCGirls or visit our website [www.uptonjfc.org](http://www.uptonjfc.org)



Enjoy Water **Safely**



## RLSS UK National Pool Lifeguard Qualification




The Royal Life Saving Society's NPLQ is the most awarded lifeguard qualification in the UK and is also internationally recognised. The NPLQ is a 6 day course run over two weekends.

Friday 20th October 4:00pm - 8:00pm  
 Saturday 21st October 09:00 - 5:00pm  
 Sunday 22nd October 09:00 - 5:00pm

Friday 27th October 09:00 - 5:00pm  
 Saturday 28th October 09:00 - 5:00pm  
 Sunday 29th October 11:00 - 5:00pm

Venue: Chester City Baths  
Cost: £275

**Interested?**  
 To book your place email [Jackie Hickey](mailto:Jackie.Hickey@chester.swimming.association@hotmail.com)  
[chester.swimming.association@hotmail.com](mailto:chester.swimming.association@hotmail.com)

[www.rlss.org.uk](http://www.rlss.org.uk)
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Cheshire West & Chester Council

## Health and Wellbeing



**Course 7th — 10 Nov at Chester Work Zone**  
**The Bluecoat Building CH1 4EE**

**FREE**  
 if you are on an out of work benefit or earning less than £20,319

This 4 day accredited course looks at

- Building Confidence & Self Esteem
- Healthy Lifestyles
- Working toward goals

To book on contact Chester Work Zone  
 M 07775 717122 or email  
[workzonechester@cheshirewestandchester.go.uk](mailto:workzonechester@cheshirewestandchester.go.uk)



**The Work Zone**  
 All the help you need to get a job



**Cheshire West and Chester**