



Parent E-Bulletin – Autumn Term Week Commencing 11th December 2023

Dear Parents and Carers,

This week has been another busy week in Upton-by-Chester High School. As we approach the end of this term it is a good opportunity to reflect on the last term and to look ahead to the next.

In terms of reflecting on the last term the Upton Voice is a great place to start. This will be shared with the whole school community via our social media channels and will also be available on the school website before the end of term:

<https://www.uptonhigh.co.uk/page/?title=Upton+Voice+Newsletter&pid=31>

The upcoming edition really does celebrate the work that our fantastic learners have undertaken over the last term. I would also like to thank the editorial team - entirely made up of learners, who pull this fantastic publication together.

During the last week we have a Christmas Celebration of Music. This is open to all members of the school community to attend and we look forward to welcoming as many of you as possible. This event will take place on Monday 11th December 2023 at 6pm in the main school hall. Next week also sees the annual Christmas Dinner. There is no need to pre-book and the information about this is further on in this bulletin.

Looking ahead to next term there is an overview of the events we have planned shown below. We will also share further information with you before the end of this term and at the start of the next half term relating to specific events.

Key Dates for Spring Term 1

Date	Event
Wednesday 3 rd January	School re-opens to learners
Thursday 4 th January	Year 13 Mock Results Day
Thursday 4 th January	Y11 Information Evening – Supporting your child's revision
Thursday 11 th January	Y9 Information Evening – Options
Thursday 18 th January	Year 11 Parents Evening (live)
Thursday 1 st February	Year 13 Parents Evening (live)
Friday 2 nd and Saturday 3 rd February	Duke of Edinburgh Gold Training
Week Commencing 5 th February	Year 13 Charity Week
Wednesday 7 th and Thursday 8 th February	Duke of Edinburgh Bronze Training
Friday 9 th February	Non-uniform day in support of Year 13 Charity Week
Week Commencing 12 th February	Year 12 Work Experience
Tuesday 13 th to Thursday 15 th February	School Production – Oliver!
Friday 16 th February	School closes to learners at the normal time of 3.10pm

Effective communication between home and school is a really important part of our work at Upton-by-Chester High School. Please do contact your child's form tutor in the first instance if you have any questions. Below are also contact details for your child's Head of Year / Pastoral Support Manager:

Year Group	Head of Year	Pastoral Support Manager	Email Contact
7	Mrs J Dey	Mrs A Wynne	Year7@uptonhigh.co.uk
8	Mr S Togher	Mrs S Maxwell	Year8@uptonhigh.co.uk

9	Mr S Wearden	Miss J Hewitt	Year9@uptonhigh.co.uk
10	Mr J Quirk	Miss C Carter	Year10@uptonhigh.co.uk
11	Mr M Jones	Mrs D Bowen	Year11@uptonhigh.co.uk
12	Miss R Simpson	Mrs T Stickels	Year12@uptonhigh.co.uk
13	Mr P Lewis	Mrs T Stickels	Year13@uptonhigh.co.uk

Over the last two weeks the Directors of Key Stage (Assistant Headteachers) have met with groups of parents to get feedback on the work we do in Upton-by-Chester High School. As always these meetings have been a really useful opportunity for us to reflect on our work and look to continue to make improvements. We will feed back on the outcomes of this and the next steps for us as a school. I also wanted to remind parents of Year 9 learners to please make sure you complete the questionnaire you will receive following the Parents' Evening yesterday. This again provides us with really useful information on our work.

I would like to thank you all for your generous donations for the foodbank and the toy appeal. It is wonderful that we are able to support our local community in this way. We are still collecting donations until the end of the day on Monday 11th December.

Finally, just a reminder that school closes to learners on Friday 15th December at 3.10pm and re-opens to learners on Wednesday 3rd January 2024.

Yours faithfully,

L Cummins
Headteacher

Stay Safe Bulletin – December 2023

Please use the link below to access the Stay Safe Bulletin for December which focuses on looking after your mental health:

[Stay Safe Bulletin December 2023](#)

Kind regards,
Mr J Keegan
Assistant Headteacher – Director of Safeguarding and Wellbeing

Year 9 Options

All Year 9 parents and carers will have received a letter with information regarding the options process and a copy of the options prospectus for Key Stage 4, this information has also been added to the school website:

<https://www.uptonhigh.co.uk/page/?title=Year+9+Options&pid=723>

Please encourage your child to complete the options indicator form on Show My Homework today (Friday 8th December) if they have not already done so.

Kind regards,
Mrs E Bradbury
Deputy Headteacher

Aspens Christmas Dinner Day



Learners who are in receipt of Free School Meals

We have arranged with Tesco for parents / carers of all FSM learners to receive a £30 Tesco gift card, financed through Cheshire West & Chester Council's Household Support Fund, to assist with purchasing food for your child(ren) over the Christmas holidays. One gift card is being issued for every FSM learner on roll in our school.

These gift cards will be emailed to you direct by Tesco at around 8.00a.m. on Friday 8th December. If you cannot see the email in your Inbox please double-check your Junk Email and Clutter folders, just in case it has gone into one of them in error.

If you do not receive a gift card you were expecting please email finance@uptonhigh.co.uk and we will investigate and resolve the matter for you.

Kind regards,
Finance Team

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

Information from External Partners

Shared via NHS Cheshire and Merseyside



Urgent Winter Water Safety Message

RLSS UK offer safety advice for winter water safety, with simple steps to keep safe during the winter:

1. Never go onto the ice to play, to retrieve an object, or a pet
2. Never enter the ice to rescue somebody, call 999 and ask for the Fire and Rescue Service

What to do if you fall through the ice:

- Keep calm and shout for 'help'
- Spread your arms across the surface of the ice in front of you
- If the ice is strong enough, kick your legs to slide onto the ice
- Lie flat and pull yourself towards the bank
- If the ice breaks, work your way to the bank-breaking the ice in front of you anyway
- If you cannot climb out, wait for help and keep as still as possible. Press your arms by your side and keep your legs together. Keep your head clear of the water
- Once you are safe, go to hospital immediately for a check up

What to do if you see someone fall through the ice:

- Shout for assistance and phone the emergency services – call 999 or 112
- Do not walk or climb onto the ice to attempt a rescue
- Shout to the casualty to 'keep still' and offer reassurance to keep them calm
- Try and reach them from the bank using a rope, pole, tree branch, clothing tied together or anything else which can extend your reach
- When reaching from the bank, lie down to avoid being pulled onto the ice
- If you cannot reach them, slide something which floats, such as a plastic bottle or football, across the ice for them to hold onto to stay afloat whilst help is on the way
- If the casualty is too far away, do not attempt to rescue them. Wait for the emergency services while calming and reassuring the casualty

<https://www.rlss.org.uk/winter-water-safety>

[Winter water safety](#) | [Staying safe on our canals](#) | [Canal & River Trust \(canalrivertrust.org.uk\)](#)

Shared Via Cheshire West and Chester

Please use the link below to access details of the HAF programme for children with SEND and their families:

[HAF Booklet Winter 2023](#)

**Junior Badminton
at
Christleton Sports Centre
Every Monday 7pm - 8pm
(except school holidays)
£5 per session**

**Aimed at 11 -16 year olds
Organised fun game play**

Sessions run by a Level 2 qualified
badminton coach

Badminton England DBS checked

For more information contact Louise
on 07950 524753 or email
racketpackchester@yahoo.com