Termly newsletter from Upton-by-Chester High School

UPTON Voice

JULY 2023

AN INCLUSION OF OUR...

2022 - 2023 HIGHLIGHTS

A RECAP OF THE SCHOOL YEAR

OUR DAY OUT

OUR ***FIRST*** EVER MIXED MEDIA PRODUCTION

DUKE OF EDINBURGH

THE FINAL STRETCH: *GOLD & BRONZE EXPEDITIONS*

ENGAGE @ UPTON

EVEN **MORE** CLUBS! CHOIR, D&D & MANY MORE...

SPORTING SUCCESS

A ***BIG WIN*** FOR OUR U18's FOOTBALL TEAM!

WARNER BROS
HEATHERS
GREEN EXPO
UCAS DAY
CHESHIRE SHOW

SUPPORTING OUR COMMUNITY

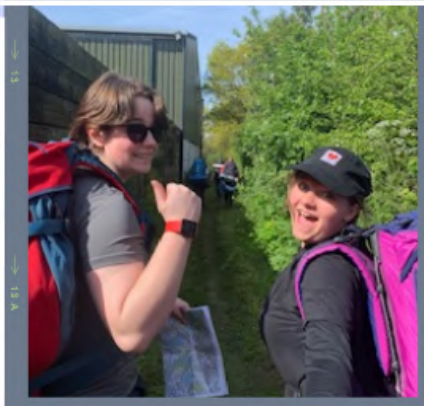
MENTAL HEALTH FIRST AID, FAIRTRADE, SEND MY FRIEND TO SCHOOL

SUMMER'S CREATIVE GALLERY

INSIGHT TO OUR LEARNERS' MEDIA, ART, PHOTOGRAPHY & TEXTILES PROJECTS

MADE BY LEARNERS, FOR LEARNERS.

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ENGAGE @ UPTON

pg. 4 - 9 The Upton Voice team have reported on six different clubs this term to showcase the diversity on offer. From Warhammer to Cricket - there's something for everyone.

TRIPS & VISITS

pg. 10 -21 There has been much more activity with the Bronze and Gold expeditions - with some Bronze candidates already complete this year. The Media trip to Warner Bros studios was a big success as well as trips out to The Cheshire Show, Green Expo and more.

'OUR DAY OUT' SCHOOL PRODUCTION

pg. 22 - 27 Backstage rehearsals and a behind the scenes look at our very own days out to Wales for the KS3 mixed media production 'Our Day Out'.

COMMUNITY

pg. 31 - 44 This term the learners have been demonstrating their compassion working towards better mental health as well as volunteering at the Chester Half Marathon. They have raised hundreds of pounds for 'Down Syndrome Cheshire' as well as taking part in Fair Trade Fortnight..

CAREERS

pg. 34 - 43 Another three alumni are answering our questions about life after Upton. Lots of industry and university involvement for our learners this term.

CREATIVE ARTS GALLERY

pg. 44 - 51 More design skills and imaginative work is on display in our Summer Creative Arts Gallery with a special focus on an up and coming indie band featuring our learners.

SPORT

pg. 54 - 55 The PE Department ensure that all learners have access to a range of sports both as part of the curriculum, and through the local and national competitions. We congratulate everyone on their sporting successes for the Summer term!

EDITOR'S NOTES

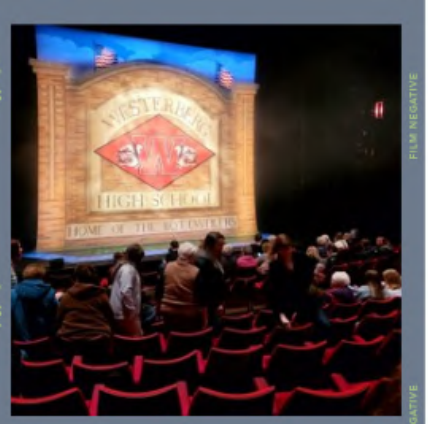
Our editorial team at the Upton Voice has grown during this term and we will be looking to recruit new members from Year 10 & Year 12 after the summer holidays so if you're interested get in touch.

The team have been busy reporting on all of the extra curricular activities across the departments. We have visited a number of different Engage clubs from across the school to give you an extra look at a range of extra-curricular activities - maybe there is something you would like to be involved in next year?

The Performing Arts department, with the assistance of the BTEC Film Year 12 learners, have been developing their first mixed-media production with on-location footage in Wales as part of the KS3 stage show 'Our Day Out'. You can see all the behinds-the-scenes action on pages 22-27 and then review of the production will be in our Autumn edition of The Upton Voice.

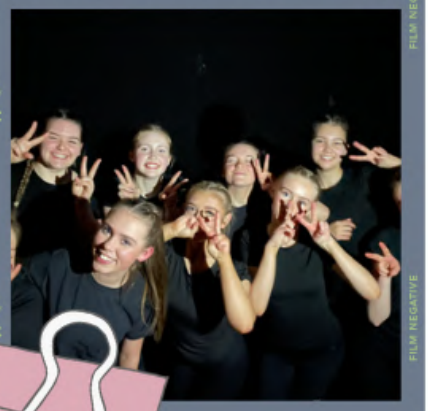
There have been a number of different opportunities for trips and competitions this term and as ever we are so grateful to the staff and learners for getting involved in such a variety of activities - we hope you enjoy reading all about them!

Ms Seery & the Upton Voice Editorial Team
July 2023











Summer Upton Voice contributors:

Gracie A
Joseph AG
Freya B
Phoebe B
Poppy B
Evie D
Crystal D
Carina D
Vienna D
Ruby E
Freya F
Joe G
Daisy G
Charlie H
Amelie H
Elise H
Ash I
Taylor K
Hannah L
Ksenia M
Emily M
Nikki M
Libby MJ
Grace S
Luke W
Jackson W
Stella V

WARHAMMER

Warhammer is a medieval tabletop fantasy game played all around the world. Dylan tells us it is a 'turn based objective game' where players 'take turns in active units'. Every Monday players meet at 3:15pm in A25 to connect with friends and battle for victory.

Members of the club have various roles from painting the figurines to fighting battles against one another. Much time and patience is spent perfecting the figurines as seen in the image.





A figurine painted by a club member

"There are lots of different aspects: build, paint and play."

"I enjoy playing Warhammer in school. It is chance to enjoy something I love with friends"



Monday
3:15pm

Mr Nugent
A25

Words and Design by
Amelie and Carina (Y10)

Dungeons and Dragons



Dungeons and Dragons is a creative and open ended role playing game which provides an opportunity for players to develop empathy, build confidence and storytelling skills. The core of D&D is storytelling; players tell a collective story.

Allowing players to guide heroes through dangerous quests to find treasure, battle deadly foes and perhaps carry out daring rescues!

> "It's great to see so many learners working together to tell amazing stories at Dungeons & Dragons club."
>
> **Mr Nugent**







> "D&D club has enhanced my storytelling and creative skills"





Tuesday
3:15pm

Mr Nugent
A12 & A25

Words and Design by Evie and Phoebe (Y10)

Engage Athletics



From learners in year 7 to those in year 13, the athletics club, run by the the PE staff, is a great way to develop your abilities in sport. It also encourages learners to try something new they haven't tried before . It is also a great a great way to develop your skills in various sports at once, whether you enjoy long jump or javelin there is something for everyone.

> "In athletics we are able to cater for everyones needs and we offer a range of activities. Learners are able to choose what they want to join in with."

Mr Hooley



> "It's an enjoyable extracurricular activity and it also allows us to be chosen for districts"

Monica and Holly (Y9)



> "I decided to do athletics because I love doing different sports and it's good for your body"

Harry (Y8)

Tuesday
3:15pm
all years
Broookhurst

Words and Pictures by Elise (Y10) Design by Stella (Y10)

Engage

CRICKET

Words by Emily (Y10)
Pictures by Gracie (Y10)
Design by Stella (Y10)



Mr Carrigan's cricket club welcomes any learner from year seven and eight, as an incredible opportunity to socialise with friends and develop their cricket skills.
Upton-by-Chester high school's cricket club takes part in a number of fun activities, involving competitive games with other schools and cricket clubs.

> "A very close game against Heber Bishops High School! Winning a game by four runs is always exciting but there was a special feel for this one. We batted quite well and got 86 runs. They got down to the final over and needed 6 runs to win. A very exciting finish"

As well as fun games between learners within the club. The club takes place every Thursday over the bridge by the Cheshire county sports club.





Thursday
3.15 pm

Mr Carrigan

County Sports Club

Engage
COSTUME CLUB



"It's really fun to make the costumes and see people wearing them onstage and to be creative with my friends."
Anya R - Yr 8



"I really enjoy costume club because it gives you a chance to meet people with he same interests as you."
Evie S - Yr 8



Every Thursday lunchtime in A3, Miss Thompson hosts a special club for select learners to create costumes for the current school play or other projects that Miss Thompson is working on for outside productions. Costume Club started with just Miss Thompson and a learner called 'Rigby', who took it upon herself to make - from scratch - the wolf costume for Into the Woods, a production from Upton in 2019, out of a mammoth mask when she was only a year 9 learner! Since then she has made hundreds (yes hundreds!) of costumes for so many productions such as Annie, Blood Brothers, Cinderella, High School Musical, Snow White, Elf and Matilda. Rigby now has so much experience with foam and making fur suits which has stemmed from her love of cosplay and her colossal amount of patience and talent, carefully carving and crafting foam into to the shapes of animal heads. She is currently working on the costume for Sven the reindeer for Frozen the musical. Sadly, Miss Thompson will lose her trusty assistant as she leaves for university next year where she will continue to make costumes. She will be missed dreadfully!



This is Rigby and her newest creation thats she has carefully carved out of foam...



Thursday lunchtime Miss Thompson A3



Let's rewind time and go back to where Miss Thompson's love for costumes and costume making began... It all started with a book she loved when she was a little girl called "The Elves and the Shoemaker". Seeing the little outfits absolutely delighted little Miss Thompson and so she got her mum to read that part every night! Eventually her mum gave in and finally bought her her first sewing machine at the age of 11 which completely transformed her costume world! She started making little costumes for her cats and even costumes for herself as a performer. She has since then dressed hundreds of students for the Upton stage and her "favourite thing is to see your character come to life on stage fully costumed!". Miss Thompson also makes costumes for professional productions and herself when she is in shows, can you guess the shows?



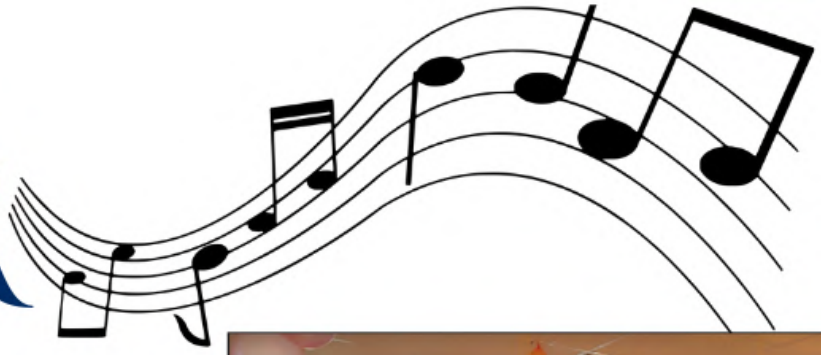




"Costumes tell such an amazing story about the character they are dressing. From Pantomime Dames to Shakespearean Queens. there is so much history behind costumes. it's fascinating!"
Ms C Thompson

Words and Design by Libby (Y10)

Engage CHOIR



Every Wednesday, learners from all years come together to sing in the school choir, learning songs from musicals like The Lion King, Mary Poppins and Wicked to a variety of tunes from old hits to new pop songs! It is a space where you can spend time with friends, get involved in singing for school events and have the opportunity to develop and practise your singing skills.



Recently, the choir had their own Eurovision event where they sang group numbers together, dressed up with fun props. They had the opportunity to perform with a small group or on their own.











> "I had such a fabulous time and I love going to choir!"
>
> **Theo J - Y12**







Wednesday
3.10-4.15
A3

Words and Design by Daisy (Y12)

Warner Bros Studio Tour

Friday 9th June, over 50 Year 10 learners travel to Watford to experience the magic of Harry Potter

Completed by Taylor, Luke & Jackson (Y10)



"The Harry Potter tour was a fantastic experience. I had lots of fun with my friends and took lots of pictures. It was surreal seeing everything from the films in front of me"

Amelie

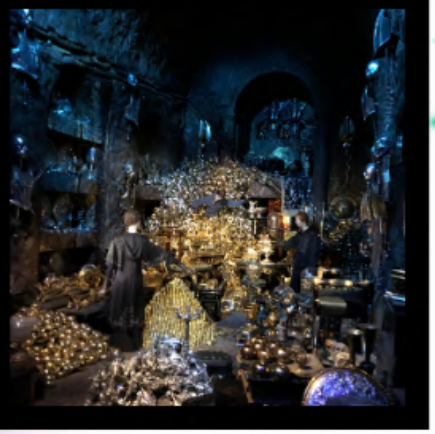




"I had such a great time! I loved going behind the scenes and learning lots about the Harry Potter Film franchise! It was really interesting to see the costumes that the actors wore and the sets they worked on!"

Hannah







“Going to the Warner Bros Studio Tour was an incredible experience as I have been a fan of the Harry Potter books and films since I was little. I also had so much fun with my friends, seeing the amazing works going on behind these fantastic films.”

Libby





“Attending the Warner Bros Studio Tour for the first time was an amazing experience. I really got to observe the behind the scenes features of the Harry Potter franchise and I definitely recommend it to others looking to visit.”

Joseph







HEATHERS TRIP

A LEVEL DRAMA

On March 29th our Sixth Form learners went to Theatre Clwyd to see Heathers The Musical to help them with their A levels.

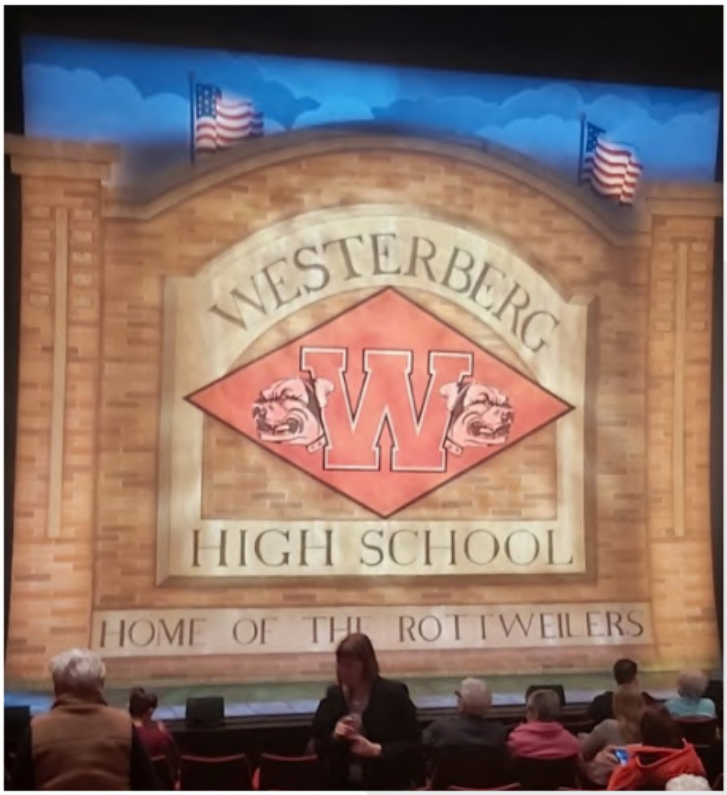
The musical follows the story of Veronica, a high school student who mixes in with the popular kids. This changes her life for the worse so the play focuses on how she tries to make things right.

> I really enjoyed the play it was visually stunning
>
> Lydia Y12

> I really enjoyed watching the three Heathers.
>
> Isabel Y12

After they saw the performance they followed up by writing a live theatre review. This will give them the relevant experience and knowledge for their exam at the end of component 3 of their A level. Where they must use examples of live theatre that they have seen to write about how they would direct a section of a play.

The overall view from the learners was very positive and the performance was very enjoyable.





> It was a really spirited & engaging performance
>
> Luke Y12

Words and Design by Charlie (Y12)

MANCHESTER DEGREE TRIP

Lower 6th Art

On June 13th, our sixth form learners went to Manchester to see the Manchester Metropolitan University degree show. Firstly, the sixth formers headed to to look at some art.

The degree show included work from across a range of courses such as animation, film making, fine art, graphic design, photography, textiles, product design and many more .

Whilst visiting the degree show, the learners were assigned to sketch pieces which inspired them. and stretched and annotated their work into their gallery books. The photography students took pictures of the surroundings .

The overall view from the learners was extremely postive. The trip was very fun and enjoyable .







> I really enjoyed the degree show I love all the different types of art they displayed
>
> **Saffron Y12**

Words and Design by Freya (Y12)

Bronze Duke of Edinburgh 2023 Expeditions

On Wednesday 3rd and Thursday 4th May some of the Year 10 Bronze Duke of Edinburgh participants completed their Practice Expedition, starting at Delamere Forest and finishing at Tarporley Community Centre. They stayed at Forest Camp, Sandiway for one night, and walked for two days in preparation for their real expedition in the summer. They learned and practised new skills like putting up tents and cooking their own meals!

Everyone thoroughly enjoyed the expedition, and handled the situation well, working well as team mates to overcome challenges. It was a successful trip overall!

On Monday 5th and Tuesday 6th June, all of the Bronze Duke of Edinburgh candidates went on another expedition, following a different route. Some completed their qualifying expedition and others their practice expedition as they will go on their qualifying expedition in July. Again, it was a very successful trip and everyone had an amazing time! They will be receiving their Bronze Duke of Edinburgh awards very soon!











THE DUKE OF EDINBURGH'S AWARD

Words and Design by Hannah (Y10)











"It was a really enjoyable experience and it was great to learn new skills with friends!"

Elise - Year 10

"DofE was so fun! We learnt map and navigation skills and how to put up a tent!"

Grace - Year 10





GOLD DUKE OF EDINBURGH EXPEDITION

MAY '23 TRAINING



Words and Design by Ash (Y12)

On *9th - 11th May*, 40 Year 12 learners ventured on their **Gold DofE** training expedition which consisted of a *three days & two nights* hike in North Wales, starting and ending at Horseshoe Falls to prepare them for their final expedition in early July. The learners had to collect their tents and stoves (rucksacks & sleeping mats too) from the 'Get Outside The Classroom' team, walking approximately *17 kilometres* on *Day 1*, *17 kilometres* on *Day 2*, with *14 kilometres* on *Day 3*! They have shown a lot of perseverance, showing skills of independence through setting up their tents.

Day 1 started with an early morning, with learners getting accustomed to their 65-litre bag, (*needing to weigh around 20% of their body weight!*), with their belongings from home, including:

- water-proof clothing
- a sleeping bag
- food (lunch & stove food), plates & cutlery
- toiletries

and more! They hiked up from Llangollen, through cliffs like Craig Arthur (*40m in height!*), Craig yr Adar and 'Worlds End', ending their hike in Llandegla within the campsite.



Learners used their know-ledge to start cooking their food on their stoves, and set up their tents having a well-earned rest with their make-do pillows.

Day 2's hike consisted of going over Moel y Faen (*548m*), Moel Y Gamelin (*577m*), Moel y Gaer (*504m*) and Moel Morfydd (*549m*), resulting in about 17 kilometres! Fortunately, learners had the opportunity to shower in their second campsite in Carrog, and they applied their learning from the previous night on how to use their time correctly; ultimately preparing for their hike the next day without instructors.

By creating their own route in their groups, **Day 3** showed their map skills with learners needing to meet instructors at certain checkpoints, and with the task of taking a selfie with the sign post! Most of their hike was downhill as they headed back to Horseshoe Falls to get picked up by parents and have a more comfortable rest in their own beds. All learners managed to reach the final destination before the predicted time of 2:30-3:30 PM!

Wishing them the best of luck with their final expedition in July, as they head to either Snowdonia or The Peak!



SKILLS LEARNT

- Map-reading
- Teamwork
- Perseverance & Independence
- Problem solving
- Cooking & Camping























George K (L6)

"It allowed me to see pretty views while hiking, and I loved cooking with my camp-mate!"

Hazel H (L6)

"DofE was great! I really enjoyed the experience of cooking with a Trangia!"





BTEC Film Production



Learning how to Green Screen

On Monday 19th of June the BTEC film students were invited into the PictureHouse Production studios in North Wales.

Here we were kindly welcomed by Malcolm and Kate who talked to us about the filming industry. We proceeded to ask questions which were followed by amazing answers and advice!

> "It was a great experience to experience a real studio setting and Malcolm gave us some incredible advice."
>
> Scott H







Workshop

Malcolm and Kate





> "I really enjoyed trying out and learning how to use the professional cameras. it was so much fun."
>
> Luke V

Malcolm and Kate own the production company At this workshop they let us get involved with their equipment.





FOOD TRIP - ROYAL CHESHIRE COUNTRY SHOW

On June 21st a group of GCSE Food & Nutrition learners attended a trip to the Royal Cheshire County Show. The visit involved watching high profile local chefs dice, slice and season sizzling barbeque summer family feasts in the 'food live theatre.'





Brilliantly barbequing a bulky pork chop, topped with a zesty crème fraiche sauce was Ellis Barrie, TV personality of Ready, Steady, Cook and Saturday Kitchen fame. Ellis, owner and head chef of Lerpwl, Royal Albert Dock, Liverpool, emphasised to our learners the positive lifestyle and benefits of a career in the food industry and shared many a funny story of his youth roasting pigs on spits, burning down marquees and serving brimming bowls of mussels from a caravan park's shower block on Anglesey, bringing him initial fame!



In addition to this, the Year 10 learners enjoyed tasting food samples at the food market and roaming the Show's exhibition halls, watching show jumping, viewing classic cars, dog shows and rabbit, pigeon and cavies. The Women's Institute were judging the victoria sponge and serving it as well with tea. Visitors could ride a monster truck and the Ferris wheel. The rain tumbled down for 10 minutes, but didn't dampen spirits, as 26 budding chefs along with Mrs Sievers & Ms Hounslow enjoyed 'all the fun of the fair'. Thank you to Mr Carrigan for being the official trip photographer on the day.

WARHAMMER

It was great to receive recognitionfor the hard work and incredible talent of our Warhammer group



Six of our Year 8s and 9s visited Nottingham on 13th June to compete in the Warhammer Alliance Event against other schools. The learners have worked hard at Warhammer Club and at home to get their armies built and painted to be ready for this.

Excellent tactics and sportsmanship were on show. It was great to see everybody enjoying themselves and representing the school in such a positive way.

Two learners (Dylan W. and James A.) were nominated for Best Painted Army and went through to the voting stage. A superb achievement!

The overall winner of the event was our Dylan W, with a combination of wins, painting skill, and being an enjoyable opponent to face off against.

GREEN EXPO

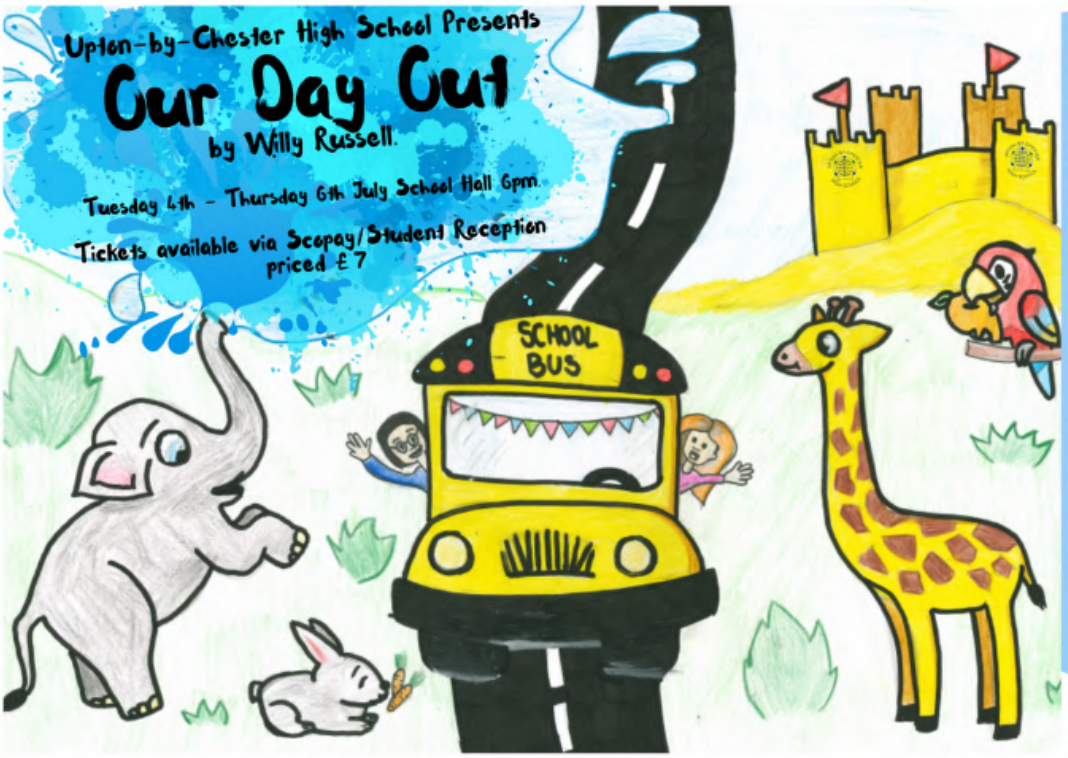
Year 10 Geography learners attended the Green Expo at University of Chester Riverside campus on Friday, taking part in a range of activities which highlighted environmental issues and finding out about careers in the Green economy. Learners took part in a range of different workshops run by Chester Zoo and the University of Chester

After lunch they were able to explore the Green Expo stalls along the river bank including the Ginger scooters and electric bikes. Thank you to Miss Richardson for accompanying the learners to this event.



Upton's First KS3 Production!

Our Day Out written by Liverpudlian playwright Willy Russell, was originally commissioned by the BBC to be the 16th episode of the eighth series of Play for Today. Our production will pay tribute to this 1977 classic carefully retracing the locations used in the original TV series,using Upton's B-Tech media filming crew, combining film acting and live theatre making this production one of a kind!



Every time Upton produces a production, they hold a competition for a poster that will be used as promotion around school and to parents and also the ticket design that will be handed out to those who buy tickets. This year the winners were...







Eira W - yr 8 (poster)
Brooke DB - yr 7 (tickets)



This is Upton High's first only KS3 production! These brave learners went through a professional style audition process for their desired role/s and waited with bated breath for the news. This talented group of learners now sacrifice their time to make this production the best it can be, with the learners also going on location to film parts of the production, making this Upton's first multi-media or Katie Mitchell inspired production. Meanwhile not forgetting the most important element...fun!



"The trips were really fun and it was cool to be filmed in a 'professional' way. I can't wait to see al the bloopers!"

May B - Susan





Being in a production hugely increases a learner's confidence, especially if they're in the lower years as being in a new school is incredibly daunting. They also help learners find friends that have similar interests





"It's an amazing thing to be a part of. I've made loads of new friends and I've severely enjoyed it."

Sam C - Mr Briggs



"This is my second time being in a school play and it is so much fun as I get to experience and experiment with different roles!"

Natalie K - Mrs Kay

"This is my first school production and I've loved every minute. We've had so much fun when filming and during all the rehearsals. I'm so excited to perform!"

Katiebelle - Carol







Words and Design by Libby (Y10)

'Our Day Out' Filming Days



This year, Upton - By - Chester's Performing Arts Department decided to produce their first ever Key Stage 3 performance. Not only this but they have chosen to make this production a multi-media spectacle. This means that the actors have gone to filming locations from the play such as The Welsh Mountain Zoo, Llandudno Beach and Conwy Castle. They have tested their skills of acting in front of a camera as well as a live audience!

These scenes and backdrops will be filmed by Upton High's very own B-Tech media students - Nikki M, Paige L, Oliver S, Charlie H, Luke V, Ben W, Scott H, Tom G and Charlie B.

The footage our of the actors has been edited into clips that will be shown in the in between the sequences of live action on the stage.

DAY 1:

Day 1 of filming was spent filming the the amazingly written chaos and carnage at Welsh Mountain Zoo, A Roadside Café and Pensam Beach. A sunny relaxing fun day in picturesque scenery, with a lot of high- quality footage filmed by our day 1 film crew: Nikki, Paige and Oliver.

The following photos are just a small selection of our cast and crew on location throughout the day of filming.












RØDE






LAR GIBBO



DAY 2:

The second day of filming was spent filming more calamities, pranks and drama at Conway Castle, The Great Orme and Llandudno beach. A day of historical hysterics and Great Orme drama, with Incredible weather as the icing on the cake all captured by our day 2 film crew: Charlie, Luke and Ben.

These photos are a small selection of what they got up to:










CABLE CAR













MENTAL HEALTH FIRST AID

Words and Design by Ash (Y12)

After completing two days of **Mental Health First Aid training** in January, *Year 12 learners* partaking in training received certificates for learning information about mental health and how to support someone who may be struggling with their mental health. These successful learners have become **Peer Mentors** to learners in the lower school, ranging from *Year 9 to Year 10*. In these sessions, typically held once a week and arranged between mentee and mentor, the younger learner can talk freely about anything that may have been a struggle for them, or just catch up and talk about their week!

The aim of the Peer Mentor sessions is to spread awareness of mental health and assist younger learners to have the freedom to talk about anything that may stress them, in a *safe space*.

Due to wanting to keep **confidentiality** between mentor and mentees, the Year 12 peer mentors have collectively decided to stay *anonymous* through their interviews with no photography.

Our Year 12 learners have worked very hard to reach this point, and will continue their peer mentoring sessions until Christmas, and then new peer mentors will be recruited!

What do you think the benefits are of becoming a Peer Mentor?

"Mental health is so paramount. There are the more obvious benefits of being able to write about peer mentoring in our personal statements and CVs, but after a few months of going to sessions for mentees, it's essentially about being able to understand that people have different ways of coping with any problems they may have. It also increases our knowledge of mental health, and having an opportunity to use our own skills we may have to assist others - whether this be helping mentees in any school work/revision, or giving a shoulder to lean on and be heard. Peer mentor sessions have allowed both mentor and mentee to talk about anything that's comfortable to both participants, often finding a common ground of things we enjoy!"

Have there been any obstacles that you have faced whilst being a Peer Mentor?

"It may take a while for both mentor and mentee to open up together, but peer mentors have had a discussion in their first few meetings on conversation starters, and allowing mentees to open up to conversation comfortably! With problems that mentees may be having, whether we feel that we can't assist them or need some assistance in providing advice to mentees, we have had the opportunity to ask other mentors within the MHFA group meeting and our group leader, Ms Toland. Some problems may take a lot of effort and could take a long time to find effective coping mechanisms, but peer mentors have the job of reassurance and sticking with mentees through problems"

MHFA England

> "Mental health is so paramount."

Chester Half Marathon 2023

Words and Design by Hannah (Y10)

On 21st May 2023, many of our amazing learners looked after the baggage at the Chester Half Marathon. Some arrived at 7am and others came to help out at 10am. Everyone helped to organise the bags in preparation for the return of the runners. They swiftly gave back everyone's bags after they had ran. They were incredible and a credit to the school! Some learners had a second role at the marathon and helped to hand out the fun run medals. They did a great job, and met the town crier! Well done everyone!





"The Chester Marathon was a great opportunity to help my community. It was a fantastic experience!"

Phoebe - Year 10

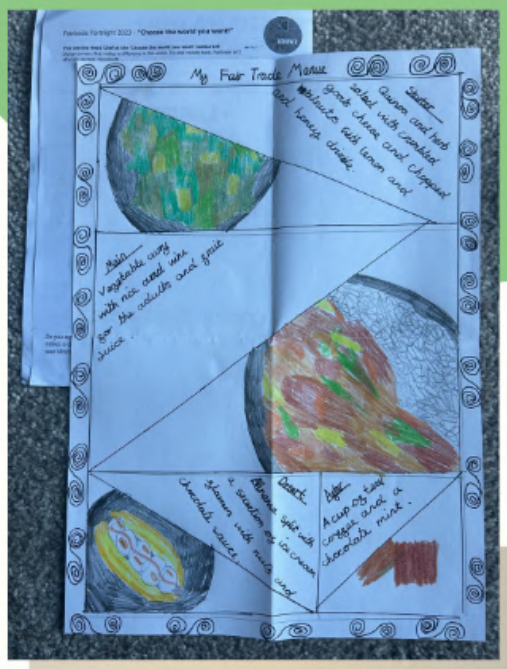
"I had a great day with my friends and I enjoyed myself. all while helping out the runners."

Stella - Year 10





Fairtrade Fortnight



Fairtrade Fortnight - The Learner Leadership Team lead a week of assemblies followed by a week of activities. Learners sold £98 worth of raffle tickets for the Fairtrade raffle. The 3 Staff winners were Matt Rutter, Steve Lydiate and Emily Kenway-Seville. The Learners raffle - Charlie Y7, Lottie Y8 and Riley Y7. They have all won a variety of different Fairtrade goodies. Learners designed T-shirt/bags in DT and Chocolate bar wrappers in Art. Learners have also been designing Fairtrade and ethically themed menus. 8Y1MA redesigned the Fairtrade Logo adding information - 'What is Fairtrade and why should we care?' It is now displayed in E block.







Down syndrome awareness week

DOWN SYNDROME CHESHIRE





What is world down syndrome day?

World Down Syndrome Day (WDSD) is a global awareness day which has been officially observed every year on 21st March by the United Nations since 2012. The date for WDSD being the 21st day of the 3rd month, was selected to signify the uniqueness of the triplication (trisomy) of the 21st chromosome which causes Down syndrome.



How much have we raised ?

We sold all 440 Gingerbread socks by Thursday PLaN A. £443.30 has been sent to Down Syndrome Cheshire.
The learners that participated include: the Learner Leadership Team, Peer Mentors, and volunteers from Year 8 and Year 9.

Designed and Written by Joseph (Y10)

SEND MY FRIEND TO SCHOOL

Year 10



Elise and Emily (Year 10) visited Parliament and Stratford-Upon-Avon to train for campaigning and deliver a speech to MP's and envoys.

Here is a picture where the two campaign champions met members of parliament; In the picture there is also Bambos Charalambos, Muzoon Al-Mellehan, Vicky Ford, Judith Herbertson.

They also brought a signed letter, which they wrote and had over 100 signatures on to parliament, to show the members of parliament that their community cares.

> It was an amazing opportunity to meet so many influential and important figures in deciding key factors to do with the education crisis'

activists travel to Parliament





Elise and Emily speaking in parliament

getting our school involved

We are eager to get everyone involved! So, we will be hosting a club for all of KS3 on week two Wednesdays in order to get everyone involved in this crucial campaign. Anyone from Years 7-9 please come along for fun games with friends as well as getting your voices heard in exciting new opportunities.

Information

Where? A11

When? Week 2 Wednesday

Who? Anyone welcome KS3

"This was an incredible experience. we are so grateful to have spoken on a panel. and voiced our opinions on the protracted education crisis.

Words and Design by Elise (Y10)

CAREERS

helping you decide what YOU want to do when you leave school and move into further education.



Young learners from Year 9 had a fantastic opportunity on Wednesday 22nd June to attend an event at Stellantis in Ellesmere Port (formerly Vauxhall's), aimed at inspiring and empowering young girls to explore the world of Engineering. Throughout the day they were immersed in a world of innovation and saw how the site is being transformed for a new era of electrical vehicle manufacturing. They had the chance to do a 'Spot the Defects' exercise with Colin in Quality and went on the Test Track for electric vans, which was a real highlight! Events like this play a crucial role in breaking down gender barriers and encouraging young women to explore Careers in STEM. Our thanks to Stellantis for a great day!

As a student, if you are ever stuck on what path to choose when you leave school there are many different ways to help. One being work experience that takes place in year 10 and 12. The best advice is to choose something that inspires you so you can have a feel for the job and see if it suits your intrests.

Another thing you could do is visit the careers advisor Mr Peace and get some advice to help you.



If you are completely unsure that is perfectly normal but don't let that stop you from exploring potential options for your future.

The school offers lots of opportunities for you to visit different workplaces as well as talks and experiences from a variety of industries.

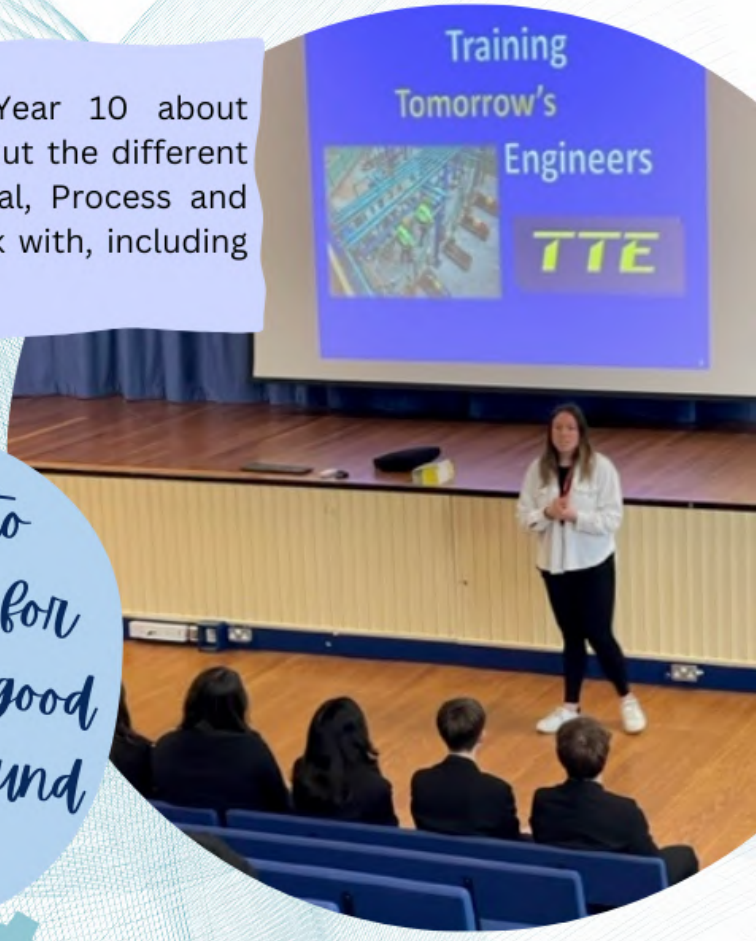
Ms Gwyther (based in the Hub) organises lots of opportunities for you to hear about different careers such as Kate Mylchreest featured below:



Year 13 were given an excellent talk from Chris Mullen from Edge Hill, about student finance when they leave for University.

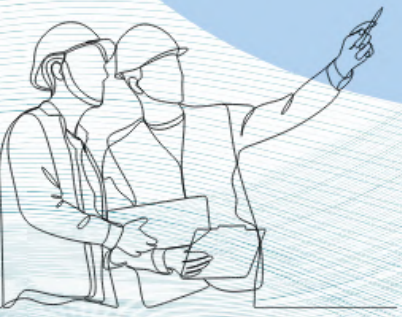


Abbey Jones from TTE Training spoke to Year 10 about Engineering Apprenticeships. Learners heard about the different kinds of Engineer, such as Electrical, Mechanical, Process and about the multitude of businesses that TTE work with, including AstraZeneca, Urenco and Essar.



It was a good experience to find out about more options for further education, it was also good to see a woman with a background in STEM doing the talk

Stella Yr 10







Ian Knight Senior Associate Director of Water & Environment from Jacobs visited school on Friday 5th May giving a presentation to Year 12 Geographers and Physicists.
The presentation was on Flood Risk Management & River Engineering looking at a range of case studies and exploring how data could be used to inform planning.
The group also received information on Jacob's apprenticeship opportunities. The 6th formers found the presentation both informative and enjoyable and we would like to thank Ian for taking the time to come into school.

MEM Maths Challenge

""During February half term some of our hard-working Year 7 and 8 learners completed entries for the Mathematical Education on Merseyside (MEM) Maths Challenge". The MEM is an organisation which brings together staff from three universities in Liverpool and local school teachers to promote and encourage mathematics within the region. The competition presented an incredible opportunity to fulfil this vision, by developing mathematical skills in preparation for the future, growing confidence in the subject and learning from others. "We received some fantastic work from our learners and their entries have been sent off to be marked by MEM ."

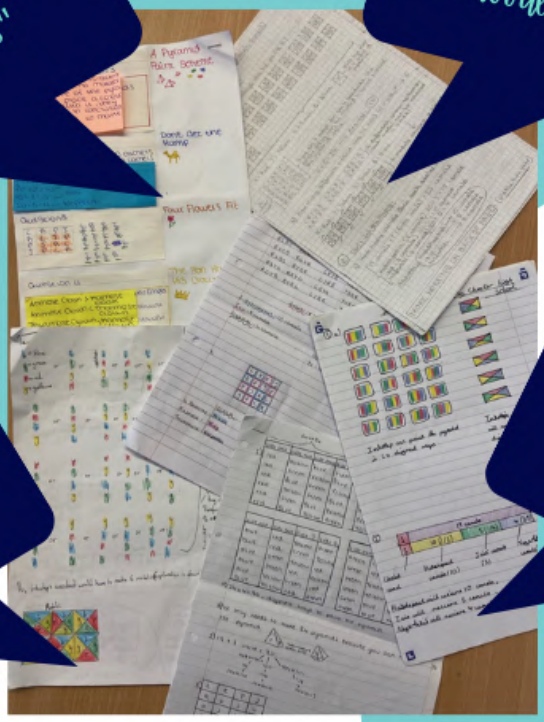
Huge congratulations to Temi, who was the winner of the Maths Challenge from our school. Temi was invited to the awards ceremony at Liverpool University on the 16th of May along with his family.

"I found it quite challenging but I liked that as it tested my intelligence and interpretation of the questions. I would like to do it again in year 8"

Jack - Year 7

"I thought that the Maths challenge was very enjoyable, it was the perfect mix of making you think but not being overly difficult. The questions made Maths and problem solving fun. I would definitely do it again!"

Lucy - Year 8



"I really enjoyed the challenge. It was fun, a good brain stretcher and took a whole day"

Temi - Year 8

"The Maths challenge was quite challenging. It was a nice way to test my knowledge"

Molly - Year 8

Words by Grace (Y10)
Design by Ruby (Y10)

Chester Zoo talk

On Wednesday the 26th April one of Upton High School's alumni, Jennifer Kelly, came and gave learners (along with some members of the eco-school programme) a talk about how she got into the position she is in now. She is now Head of Sustainability at Chester Zoo and learners found it interesting to hear about work so close to home. Miss Kelly spoke about how much her career paths has changed and has inspired some of learners both to pursue a career in sustainability and to not shy away from different opportunities - you never know where life will take you!



> Very informative and nice to hear a personal story of how someone has come to work in sustainability and a great opportunity to learn how to be more environmentally friendly
>
> Eira







> Working at Chester Zoo is a dream job for me and I am super proud looking back on my journey and being able to see all of the steps that I've taken. I can't wait to see where I go next!

Words and Design by Ksenia (Y10)

Design Ventura

This term, group of Year 10s accompanied by Miss Fullwood entered a competition called Design Ventura. Our design technology learners were selected as one of the top 10 in the country for designing an innovative drinking station for tired bees called 'Bee Buddy'. They then pitched to a group of judges in London before returning at the end of the half term to find out their position. They came 4th and won the commendation for the product with the most ingenuity!



"When I discovered my team had made it to the top 10 finalists. I was overjoyed and surprised. I had never been to London and I felt as if that was a great first experience and view of the city. The presentation we had to give was fun to make and the nerves were definitely something we could all laugh about later. The award day was great and I enjoyed the appetisers without a doubt! Overall the experience was awesome and a great way to encourage young students to take the path of design - Joshu"









"It was a gret opportunity for young designers and for myself to show off my ability and practice my team building skills. - Geogia"



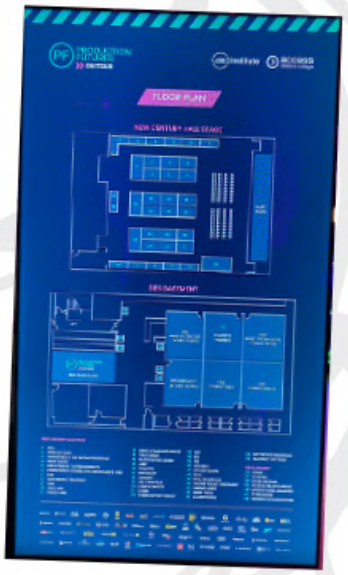


"I was nervous in the lead up to it but at the end I was very proud. Overall. it was a really fun experience and I am pleased we did it. - Matthew"



Design by Ksenia (Y10)

Careers Opportunity:



Production Futures was a great careers event for those interested in production of film, TV and live events. I was able to go and explore different career paths into this industry and meet lots of new people. The event took place in Manchester at the New Century Hall and was opened officially by the Mayor of Greater Manchester, Andy Burnham. He was excited to see so many young people actively exploring their career in the creative industry and especially finding those opportunities in the city of Manchester.



The whole day was filled with a variety of talks from how to get your first job in the industry to the future of live events. It was great to hear the advice they had and experience they have had in the media industry. Hands-on sessions were also available throughout the day to introduce the lighting, sound and CAD technologies that are used on a daily basis. There was also plenty of time to browse the stalls in the main hall which consisted of universities, colleges, production companies, organisations and apprenticeship schemes. They all wanted wanted to be able to help and inspire every person that they talked to during the day. Also, there was a networking cafe area and a tour around the dBs institute which is located in the basement. It was fun to see the recording studios and digital technology that is available to the students there who study subjects from music production to game development.

NEW CENTURY

One of the best bits for me was a talk that Louise Robey led based on her experience in the BBC leading her to the current role of Lead Change Manager. It was surprising to find out about the vast amount of broadcasting opportunities that there are in the industry that you may not know about.











The next Production Futures on tour event is in September, taking place at Production Park in South Kirkby, Liverpool. The Production Park is a venue where artists go to rehearse for an arena tour or upcoming live event. This event would be a great opportunity to go and find out more about the creative industries if you are interested in this industry for your future career.



Words and images by Daisy (Y12)

UCAS Discovery Day
9th June

The UCAS discovery day is an event for sixth form learners to explore their post 18 options, held in the Liverpool Exhibition Centre.

Every year, Lower Sixth Form learners have had the opportunity to go to the UCAS Discovery Day, to learn more about their options for post-18 education This year, all learners took a short coach trip to the Liverpool Exhibition Centre where the event was held! There were over one hundred different universities displaying alongside some great apprenticeship providers too.

It opened my knowledge of the amount of different unis there are in the UK. **Nikki M**







Each stand had some teaching professionals and/or current students who were there for conversations with learners; to help and discuss more about the courses that are available. They were very knowledgeable and helped answer lots of questions. Also, lots of stands gave out free goodie bags which came with a tote bag, prospectus and sometimes a pen, some sunglasses or even a metal straw!

Overall, it was a very enjoyable day and allowed learners to explore their post - 18 options in an engaging and fun way.

It was very insightful and helped my make a decision about university

Charlie H







Alumni

A focus on learners of the past to see how they are shaping the future.

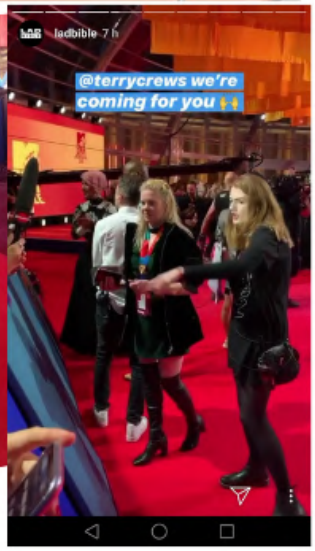


Mel - Class of 2015









Current job: Publicist at UKTV (BBC Studios)

Responsibilities: I work across multiple campaigns at a time which is arranging photography & press coverage for TV programmes. Part of my role involves brand campaigns, for example to promote our streaming service UKTV Play I helped produce and launch a free photography exhibition in Covent garden.

Further Education: Cardiff University studying Media, Culture and Journalism BA

Previous employment:
PR Intern: MTV (Paramount) & Junior Publicist: MTV
I supported the in-house PR team working across MTV, Nickelodeon, Channel 5, 5Star, Comedy Central & 5Select. I wrote regular press releases, media alerts and cast biographies for reality television shows & music events. I contributed in the planning & execution of PR campaigns, exclusive screenings, press days & press trips. I assisted with cast management, liaised with agents & organised travel & accommodation for high profile talent nationally & internationally, tracked all costs and managed individual budgets for campaigns. I worked with MTV Marketing department to assist in collecting key assets & materials including copyright, footage and imagery for MTV's social media platforms & third-party affiliates.

Career highlight? Probably walking Terry Crews down the red carpet at the MTV EMA awards as an intern, it was absolutely terrifying but so fun.

Any advice? If you're interested in working in TV press I'd highly recommend getting Twitter and following other PRs/ Press offices. Keeping on top on the news cycle is really important, not just entertainment. How I do this is mostly through News podcasts. Trade TV publications are also useful to keep you updated.
Watching loads of TV/YouTube/films also, you need to know the content to be able to talk about it confidently. Saying 'Yes' to opportunities, doing as much work experience as you can in many different sectors. Look at the big broadcasters internship/ apprenticeship schemes that open once a year (ITV, BBC, Paramount, UKTV). You don't need a degree or past experience, I had no connections in the media world and my MTV internship is how I got my foot in the door

Future career goal? I'd like to move to New York or Paris one day and work with international TV broadcasters, or maybe a streaming service as a PR manager.



Josie - Class of 2020





My Current Job is based around community work, my day to day involves meeting with people and finding ways to support them whether that be practically or spiritually. This is currently working alongside my discernment work to become a Priest in the Church of England

Further Education : FdA in Theology Mission and Evangelism

What do you most enjoy? I love the fact that I get to be with people, one highlight of mine is working in the local primary school doing some early intervention work. I get to spend time with an incredible bunch of kids and build relationships with not only them but their families, it is a huge blessing to be able to serve such a wide range of ages and backgrounds.

Any advice? If you are looking into going into community work or church work, my one piece of advice would be to allow yourself to be comfortable in being uncomfortable, it takes a lot of pushing yourself which also means you need to be able to take care of yourself well and get to know your boundaries, it all comes with living and learning however in order to do that sometimes you need to be uncomfortable.

What plans/dreams do you have for your career or a future job goal?: I feel very called to the priesthood (becoming a vicar) I am currently in my last few interviews before they decide whether or not to send me to training next year. My only goal in my future job roles is to love and serve people well.



Nigel- Class of 1990





Current job: Freelance football commentator & Presenter for BBC World Service

Further education: Politics BA (York)

Previous employment: Local radio sports reporter 1994-98

Worked at BBC radio 5 1998-2012 - producer, correspondent, commentator

What do you enjoy? I enjoy the variety that the work brings. Being freelance means that I have a range of opportunities to work with a number of different people commentating on football matches such as the Euros and The World Cup.

Career highlight? To be involved with the Olympics commentary was exciting as each one is such a unique event.

How did studying at Upton help: During Politics A Level we practised the art of debate and improved my ability to discuss as well as allowing me to broaden my horizons about the world.

Any advice? Get as much work experience as possible to let people know that you are passionate about what you want to do.

Future career goal? My ambition is to move into teaching at uni to pass on my experience

Creative Arts Gallery

Words and Design by Freya B and Freye F (Y12)

This term the Year 7 art classes have produced some amazing artwork on insects. Here are some of the best pieces from 7xar4 and 7yar6!

















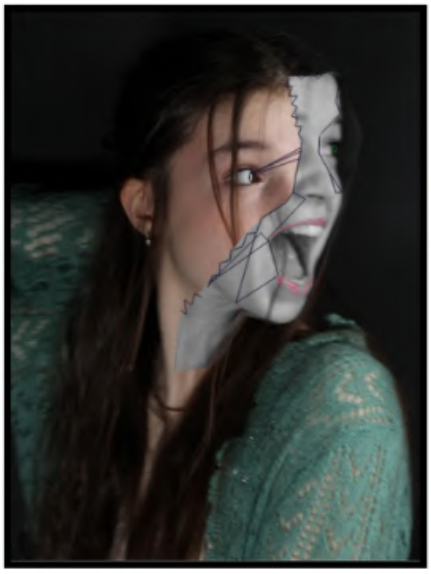




Photography

Some examples of some of our year 12 photography students' work





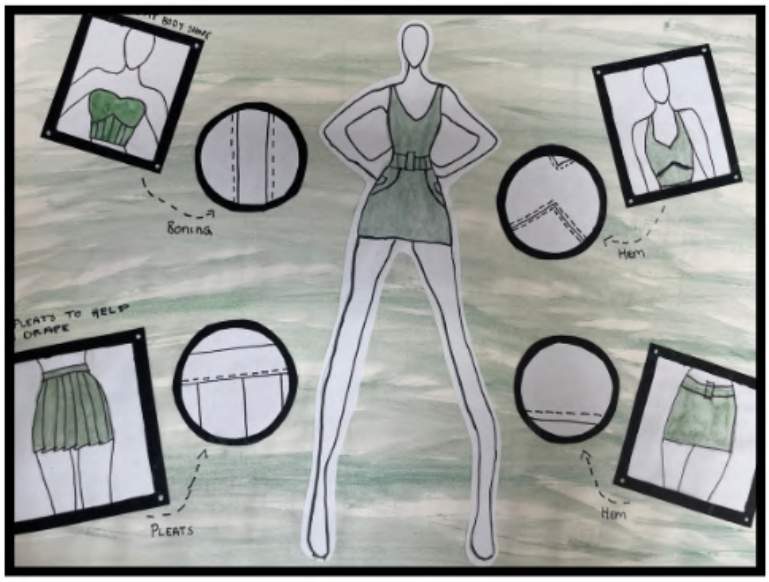




Textiles

Examples of lower sixth illustration work from the textiles lessons . The learners have had to experiment and transfer their creative ideas onto paper. They then create a collection for a high street brand.

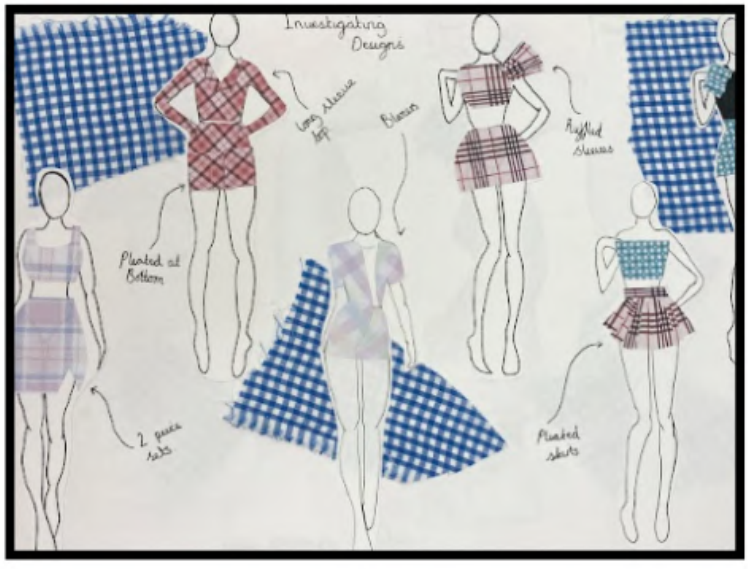












Design Technology

Examples of Year 8 projects.



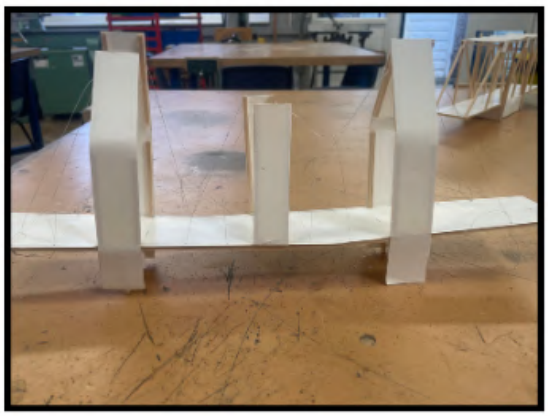






Example of Year 7 work.

The students got to use the design technology 3D printer to create their own designs of egg cups .





Examples of Year 10 architecture projects, through exploring the structure of bridges.

Media Studies

This year the GCSE Media learners have created original animal welfare magazines aimed at teenagers. Here are some examples of their work





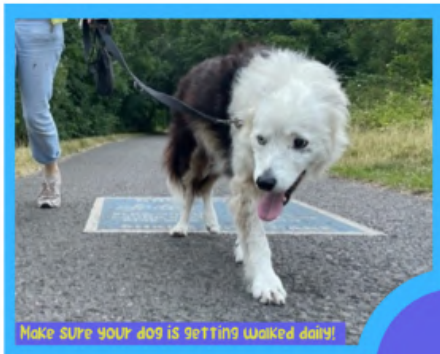














Dog walking top tips

We all know that dogs need walks, and some breeds need longer walks than others, but that begs the question, how should you be walking your dog?

Well, it all depends on your breed. For example, Border Collies need a minimum of 90 minutes of exercise per day, whereas smaller breed like a pug only needs around an around an hour per day, so in order to be sure your furry friend is getting the right amount of exercise in a a day just refer to our website with all the information you need on over 150 different dog breeds for free!

> 'Time is one of the most important factors in a successful dog walk'
> - Chris Sherwood, CEO of the RSPCA

Time is not the only factor in a perfect walk for your dog, however. There are many other aspects to an enjoyable for your precious pooch, one of which is a question many canine owners have asked again and again: Should I keep my dog on a lead?

Well, aside from some situations where a lead is necessary, such as near roads and near animals like cows and sheep, it is best to let your dog run free as long as long as you know where they are and that they and other people or animals are safe. This is because a dog loves little more than to go exploring off lead and not being held back to our walking speeds and the pathway.

Another important factor is location. A park or field is much nicer for your doggo than a concrete road or path, so if possible always try to take your pupper somewhere away from the concrete labyrinth and go on an adventure in the countryside or in your local park, trust us, your dog will thank you.



Balls can also give your dog good exercise and fun, but be careful using them too much as it can cause injury

Overall, these are just a few ways to vastly improve your walks for your dog, so to perfect your walking routine be sure to visit our website for an extended article.

©Animalia 2022



KITTENS!

RAGDOLL

This breed of cat loves to be picked up and cuddled and some like to dress up!. Known for being incredibly laid-back and open to a good snuggle, Ragdoll cats make great companions.



PERSIAN CROSS

Known for having an easy-going personality and being very affectionate, gentle and faithful. They make an amazing partner and love spending time with their family



YOUR PURRFECT CAT BREED

From cute and cuddly to pampered and playful, each cat has their own unique traits

Adding a new member to your family can be stressful, especially if you're unsure which cat breed best suits you! Here's our Top 3 favourite felines for your new house-hold companion...



BRITISH SHORTHAIR

The British Shorthair is a medium to large sized, compact, chunky cat, known for their attractive features and thick, plush fur. They are instantly recognisable by their rounded face and large round eyes, giving this cat a permanent adorable expression. As one of the most popular breeds in the world, British Shorthairs were once used to keep vermin away from grain fields. Because of this,British Shorthair's are fiercely loyal, loving cats who will attach themselves to every one of their family members. They are extremely intelligent and, whilst the British love to play, they dont require hourly attention.



5 TOYS TO KEEP YOUR CAT HAPPY AND HEALTHY

Having a cat can be hard. Here's the best toys to keep your kitty occupied whilst you relax!



1. **SCRATCHING POST** — Scratching helps remove the outer layer from a cat's nails; it's good grooming behavior.
2. **POM POMS** — Cats love things they can bounce on, bat around the house, and chew. Give your cat a pom pom and they'll be out of your way for hours!
3. **LASER PEN** — Cats love the quick movements of the dot of light as it mimics the motions of a living thing!
4. **DANGLE FEATHER** — The movement of the feather mimics the movement of animals like insects and mice which excites our fluffy friend's inborn hunting instincts.
5. **POP UP TUNNEL** — Kitties like to hide in a secure spot where they can unexpectedly pounce at their "prey," and a tunnel can be the ideal hiding place for that purpose.



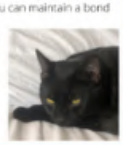


Terriers known for finding and killing vermin now have been adapted in a more domestic/ tamed environment. But some owners still may feel their dog is acting through old habits bred to fight and kill. No worries here are ways your dog can achieve the behaviour of every other domestic animal. The best way to tame your terriers is to start when they are young but if that cant be done not to worry there are still ways you can improve your pets demeanour when they're much older.

Make sure their attention is focused on you whilst training. Reward your terrier by allowing it to engage its behaviours it wants to do in exchange for something you want him to do first. help your dog become comfortable when being handled and groomed. by giving it space and allowing it to be calm and relaxed Short and persistent training is the best as it allows your dog

cat care

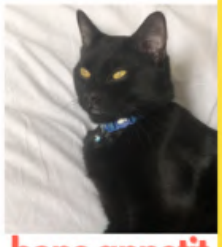
getting a cat to warm up to you can be challenge but its definitely not impossible.here are some tips and tricks in achieving a good relationship with your cat. Make sure to watch your body language, if your cast feels fear its more likely to hide from you. Let the cat approach you first it will gain more confidence and feel less intimidated by you . Observe what your cat likes and dislikes so you can maintain a bond that the cat enjoys When giving treats use them strategically to train and interact with them.



celeb pets

kristen steweart an lgbtq+ well known actress knwon for her famous roles in the twilight sagas has a love for pups. Cole is a little black mutt who has joined the Stewart zoo! They found Cole on the set of Camp X-Ray, small and scared on a frisbee golf course. Stewart adopted her she named her after her character which she described as "a little embarrassing."



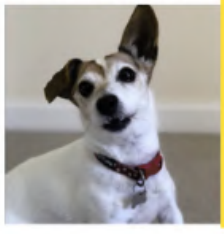


bone appetit

discover a range of natural dog treats. tasty and healthy treats and meals for your four legged freind. want your dog to have a wider food slelection ... not to worry! here are some alternatives for you.

-black wood pet dog treats
-buggy buscuit teeny treats
-pupford freeze-diet treats.

all can be found in our local petshop!













Media Studies

The A Level Media Studies Learners have a choice of six briefs to complete for their NEA. Some chose to create an original drama for a young adult audience on Channel 4. They created promotion for the show including the posters shown here as well as video content for YouTube.







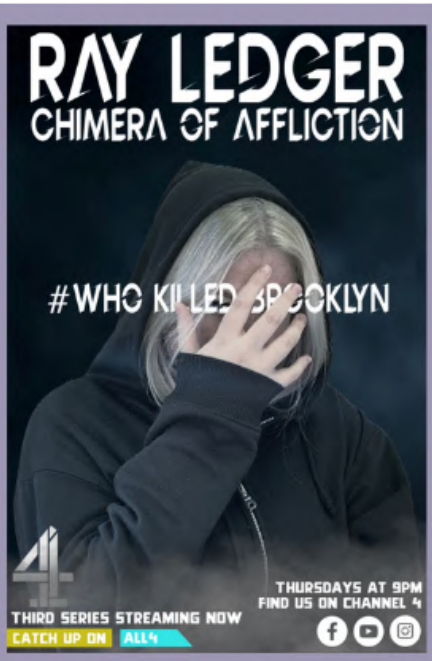


Top left: Olivia's school based drama 'Bless Her Heart'

Bottom left: Nathan's youth football show 'The Journey'

Top right: Jess' school based romance 'Enemies to Lovers'

Botom right: Tom's action sci-fi 'Ray Ledger'











Year 10 student, Tom Campbell, impressed audiences with his "youthful interpretation" as Herbet in 'Great Expectations'. He worked amazingly alongside his cast mates, Dan and Felicity and provided an excellent performance. Well done Tom!



Looking for something to get involved with over the summer?



Music

Congratulations to Harriet, who recently passed her grade 2 singing exam. Well done!



OMISSION



Here's Tom C from Year 10 talking about his musical duo 'Omission'! Check them out online.







Hi everyone,

This is Tom and I am the vocalist in a musical duo called 'Omission' alongside my friend Matthew who plays guitar. We are both year 10 music students and started writing music together about a year ago after we discovered we both had a deep love for Indie and Rock music. We have many influences from this genre of music but we are both heavily inspired by bands like the "Arctic Monkeys". We have had many amazing opportunities so far which have included performing at our school Christmas concert, a local pub, an open mic night at StoryHouse, and we were even the live music act at a market place in Crewe. Our next gig is at 'Crickfest' which is a local festival in Northop Hall where we will be performing alongside some professional singers and bands! In April, we also released our debut EP on Spotify containing three songs! It is called 'Age & Status' and you can go check it out now! It has now gone over 3 thousand streams!! We have a new single coming out soon called 'Electric' and we are planning to release our full album later on this year! We are both planning to go into music-related jobs in the future so all of your support for our music means the world.

Tom

Words and design by Vienna (Y12) and Joe (Y10)

SPORT









Great game against Heber for u13 cricket team. Won by four runs! superb attitude throughout the match.



Year 9 Rounders team... 5th in Chester District! Comments from hosts said they were the happiest team they had ever seen!



Congratulations to Upton U18s football as they completed the cup double, by winning the County cup to add to last weeks district! They battled hard to a 3-2 victory vs Wilmslow.





Well done to all the winners from our play your way to the wimbledon Comp ! County Finals awaits !

Highlights









Well done to the Year 9 girls cricket team, who scored 61 runs towards Abbeygate's total of 92. They also gained two wickets!



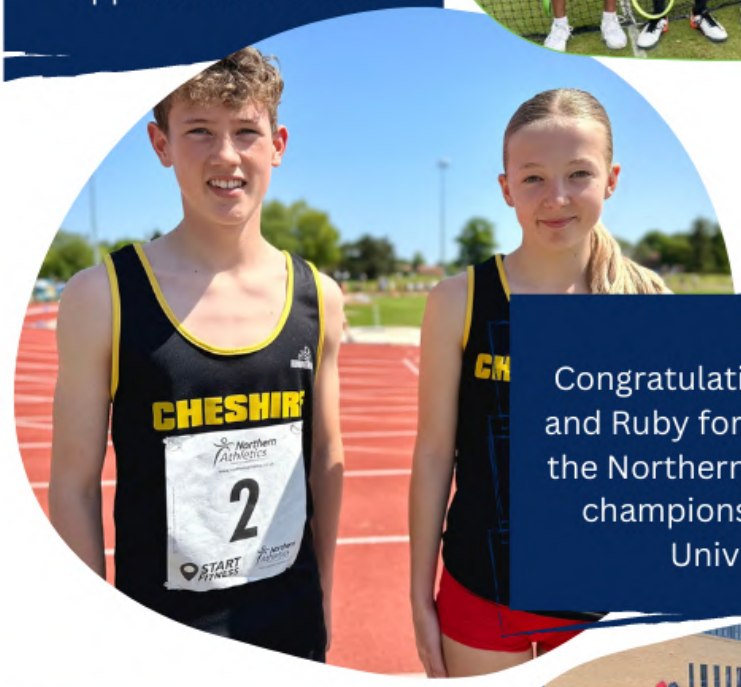
Huge congrats to Seb , Amelia, Marco and Emily who represented Upton at the play your way to Wimbledom cup.



Well done to the U13 cricket team, beating Tarporley today! □ superb approach all round!







Congratulations to Jacob and Ruby for competing in the Northern inter-county championship at York University

U15 Rugby team lost 15-10 to Tarporley, the 8 that played for Upton were brilliant



Year 7 rugby team entertain supporters with thrilling 35-35 draw against Tarporley!

Make sure to follow @pe_uptonhigh on twitter for regular sports updates!

UPTON-BY-CHESTER HIGH SCHOOL

2022-2023 HIGHLIGHTS



Sixth Form Charity Week



'Little Shop of Horrors' School Production



Foodbank Collection



'Send My Friend To School' Scheme



UCAS Discovery Day for Year 12



Year 12 Manchester Art Gallery Trip



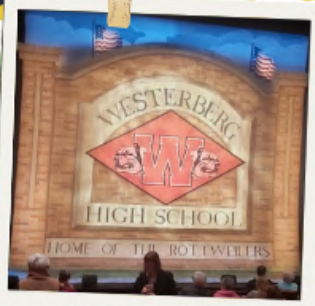
Bronze Duke of Edinburgh Expedition



Gold Duke of Edinburgh Expedition



Filming in Wales for 'Our Day Out'



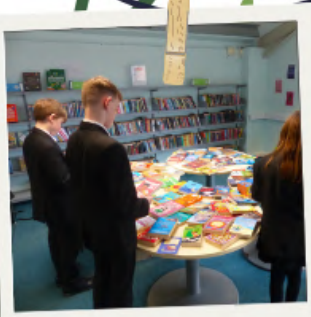
'Heathers' Trip



FairTrade Fortnight



Down Syndrome Awareness Week



World Book Day



Eco-Schools



Sports Day



The first year of the Upton Voice