



Food

For upcoming practical cookery lessons w/c 26 January

Year 7

Bread dough (all ingredients can be provided by school for 35p), please bring a container for 4 bread rolls

Year 8

Fajitas

Year 11

Final practice for practical exam

Please see MCAS or Teams, Files - ~Ingredients needed for practical lessons."

In an emergency you can email Mrs Doidge: jdoidge@uws.n-yorks.sch.uk

N.B ingredient lists are posted on Wednesday and Thursday the week before.

DRAMA

Rehearsals for this year's school production 'Frozen' Rehearsal Dates:

Fri 23/1/26 CANCELLED

Sun 25/1/26 10am-2pm

Tues 27/1/26, Wed 28/1/26,

Thurs 29/1/26 -3.20 – 5.00pm

Tues 3/2/26, Thurs 5/2/26, – 3.20-5.00pm

Fri 6/2/26 – 3.20-4.20pm

Sunday 8/2/26 Full Dress rehearsal – 10am-2pm

ALL CAST MEMBERS

Dates for the diary

27 January – Yr 11 Information and Grades Meetings

Iceland Parents Meeting 6pm @ School

Year 8 Rugby @ WRUFC

2 February – Parent workshop on Misogyny and Incel Culture

9 February – Yr 11 Poetry Live Trip Bradford

Yr 8 Bradford Industrial Museum Trip

12 February – Frozen Jr – School production

13 February – Frozen Jr – School production

Reminder that all events can be found on the school calendar

[School Events](#)
[- Calendar](#)

Headteacher's Update

Dear Parents and Carers,

It has been wonderful to welcome everyone back after the break. It's been fantastic to catch up with many of our students and hear about the activities and experiences they enjoyed over the holiday.

We have also had the pleasure of reviewing the recent Data Collection 1 reports that were sent home. It has been encouraging to analyse these, particularly the excellent effort and behaviour grades awarded to the vast majority of our students. Their hard work and positive attitudes continue to make us proud.

This week we celebrated our Year 11 GCSE mock results day. This is a vital learning experience for our students, providing valuable insight as they prepare for their public examinations. Mr Jackson, the Senior Leadership Team and I are very much looking forward to meeting with Year 11 students at the upcoming IAG meetings to discuss their results, next steps, and post-16 destinations as they begin planning for life beyond Upper Wharfedale. Year 10 students have also received their mock RE results, ahead of sitting the qualification this summer. Again, this will provide a valuable insight for those students.

Our recent Year 8 Parents' Evening was a great success. It is always a pleasure to speak with parents and carers, and colleagues greatly value this opportunity to discuss progress and celebrate achievements.

This week has also seen House assemblies taking place, highlighting recent successes and sharing details of upcoming events for the term.

Looking ahead, next week we will host the Iceland Parents' Information Evening. This is always a popular trip with students, and the event will outline essential information for those taking part.

As we move into February, we will be marking the start of LGBT+ History Month, with a number of activities planned to celebrate and recognise the contributions of the LGBT+ community. As always, thank you for your continued support.

Warm regards,
Mr I Chapman
Headteacher



Frozen Jr – School Production



This year the school production is Frozen Jr.
Performances will take place on Thursday 12 February and Friday 13 February.

Tickets are available now using this link - [Frozen Jr](#)

Raffle Prizes Needed:

If you have any donations of raffle prizes for the upcoming Production of Frozen, they would be greatly appreciated. Thank you Mrs Gray

UPDATED EXTRA-CURRICULAR ACTIVITIES

Please find below the link to the updated school extra curriculum activities taking place at lunch and after school.

[Extra-Curricular-Activities.pdf](#)

Art & Photography Competition

Key stage 3 and 4 students have successfully entered both the Art and Photography Rotary Competitions and now await the judges' decisions. The students have all responded creatively to the theme 'Beauty in Nature' demonstrating exceptional standards in their work. I would like to thank everyone for their wonderful contributions.

ABSENCES

All absences must be reported **before 9am** every morning of absence. **Please leave a brief description of illness, not just "ill/unwell".**

Telephone: 01756 752215
(press 1- line open 24 hrs)

Email – absence@uws.n-yorks.sch.uk

Big Schools Bird Watch

Next week we will be making feeders and putting out food for birds around the school site and determining where will be best location will be to carry out our bird watch on Thursday 5th Feb. All students are welcome.

Thank you for all the donations of feeders, binoculars and bird feed.



SAFEGUARDING ALERT

North Yorkshire's Drug Analysis testing has detected pink cocaine in our region. Pink Cocaine is NOT cocaine - it's a blend of different substances and the effects can be unpredictable.

To find what this substance is, the risks, and how to stay safe, check out these resources on Drink Drug Hub."

<https://drinkdrughub.co.uk/?s=pink+cocaine>

Year 10 Work Experience

Just a reminder that **13 February 2026** is the deadline for students to have secured their work experience placement for the summer. Anyone struggling should please speak to Mr Mitton before this date.

THE DANGERS OF FROZEN WATER

TOP TIPS TO STAY SAFE

NEVER GO ON THE ICE UNDER ANY CIRCUMSTANCES

This includes attempting to rescue another person or animal who may have fallen through the ice.

ONLY USE WELL LIT AREAS

Try to take walks in the daylight but if you must walk in the evening, only use well lit areas and avoid anywhere with water.

KEEP AWAY FROM THE EDGE OF THE WATER

Never go close to the edge or lean over to touch the ice. You may overbalance or trip and fall in.

ALWAYS WALK WITH AN ADULT OR A GROUP OF FRIENDS

Look out for each other and if someone does fall through the ice there will be others around to raise the alarm and get help

Every year children are at risk when they are tempted to play on the ice formed on open waters and adults find themselves at risk as they attempt to save them. Over 50 % of ice related drowning involved an attempted rescue of another person or a dog.

Areas with frozen waters can be beautiful to look at but they are also extremely dangerous. Here are some useful tips to help you enjoy these areas safely.

WHAT TO DO IF YOU FALL THROUGH THE ICE

Keep calm and shout 'help'

Spread your arms across the surface of the ice in front of you

Try to kick your legs and pull yourself out of the water and on to the ice

Lie flat, spreading your weight across the surface and pull yourself to the bank, you may find it easier to roll.

If you cannot climb out, wait for help and keep as still as possible. Keep your head above the water, press your arms by your side and keep your legs together

Once you are safe, it is important that you go to hospital immediately for a check up



WHAT TO DO IF YOU SEE SOMEONE FALL THROUGH THE ICE

Shout for **'HELP'** and dial **999** or **112** if you can

DO NOT walk on to the ice to attempt a rescue

Shout to the person to **'KEEP STILL'** and offer reassurance.

If they are close enough, **LIE DOWN TO AVOID OVERBALANCING** and falling onto the ice, and try to reach them with a tree branch clothing tied together or anything else which can extend your reach.

If you cannot reach them, **SLIDE SOMETHING** which floats across the ice, such as a plastic bottle or a football, so that they can hold on to it to stay afloat whilst help is on the way.

If they are too far away, **WAIT FOR THE EMERGENCY SERVICES** and reassure the casualty from the safety of the bank.

St@yWise

LAST CHANCE - EVERYONE'S INVITED

We are pleased to invite you to an **online parent session** being run by the charity **Everyone's Invited**. The aim is to offer a supportive and informative space for parents and carers of students aged 11–16.

This session will explore some of the key challenges and pressures that young people face in today's digital world, including:

- Social media platforms such as TikTok and Snapchat
- Gendered pressures and consent
- Pornography and the rise of AI
- Image-based abuse and sextortion
- Online misogyny

The talk aims to help parents better understand these issues and feel more confident in supporting their children as they navigate the complexities of online life. Practical strategies and guidance will be shared throughout the session.

Monday 2nd February 2026 @ 6 - 7pm
Via Teams call online
(link to be shared nearer the time)

We encourage all parents and carers to attend this important discussion. It's a valuable opportunity to learn and ask questions. **If you would like to attend, please complete the link below by Friday 23 January 2026**

[Parents talk run by Everyone's Invited – Fill in form](#)