



Spring 2006

UFA Norfolk



Welcome to Norfolk UFA's first newsletter!

This spring issue is a retrospective view of a selection of UFA activities that have taken place across Norfolk since summer 2005.

This is **your** newsletter and we hope to pack the summer 2006 edition full with your news, views, pictures and comments.

Please email your contributions to me, Elaine Abbott by September 15 at: eabbott@aoy.org.uk photographs need to be in a jpeg format and with permission to publish.

I'm really looking forward to hearing from everyone across our UFA Network and would like to say a big thank you to all of you who contributed to this issue.

Enjoy!

Elaine



Blythe Jex High School - The Enterprise Summer Challenge..

The challenge programme was run over three days for 20 students, 5 each from the main Middle Schools, – Mile Cross, Catton Grove, Angel Road and George White.

DAY 1

Young people got to know each other better through Ice Breakers and Team Building games. Students constructed towers out of newspapers and the highest tower received a prize! Gina Jordan from HM Revenues & Customs joined us and we played a trading game. We learnt about how countries trade with each other, and looked at the economic relationships between rich and poor countries.

DAY 2

The trading game continued into Day two and culminated in students preparing for a marketing presentation to be given later on in the week. The group then visited the University of East Anglia to find out about Aiming Higher and life after secondary education.

DAY 3

The Young People were taken to Sprowston Manor Hotel where they were given a guided tour and a great lunch, before giving their final marketing presentations in the afternoon. It was a really exciting three days and everyone enjoyed it and learnt a lot.



With special thanks: to Julia Packham, Roz Lunny, Dan Taylor and Carolyn and Ben from the Sixth Form!

Aylsham Profiles

ELLIE MAWBEEY ADAMSON
AYLSHAM FELLOW

Aylsham High School Young People's Fellowship....

Aylsham High has been linked with the UFA for six years, with seven excellent teachers benefiting from some quality time to explore their own practice and acquire new skills, as UFA Fellows. In the last two years, two cohorts of young UFA Fellows have been appointed, giving the school yet another vehicle for motivation and further opportunities for young people to make a positive contribution. Creating an opportunity rich environment alongside excellent CPD has been a very important element of the school's development

This year Aylsham was one of only a handful of schools to be recognised through QiSS as an Established Centre for Study Support. The central role of UFA development contributed significantly to this recognition with students being involved in research, strategic planning, supporting the Summer Challenge, Induction and Super Learning Days.

Ellie Mawbey – Adamson

When I was appointed as a young UFA Fellow I was a Year 9 student who was rather lacking in confidence. Since then I have developed my confidence tremendously. I am now presenting my work to people of all ages and attending international conferences. I have really enjoyed being part of this amazing organisation. It has been a major stepping stone and confidence giver in my life //

HANNAH BROOM - AYLSHAM FELLOW

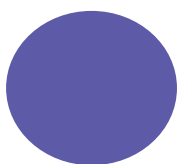
When I became a UFA young Fellow it was a changing point in my life. I met new and exciting people and it gave me the opportunity to work with people of all ages. What mattered most to me was that all of those people cared about us.

My work as a young UFA Fellow has lead me down many paths, from posh conferences in London and the summer challenge at Aldborough Primary School to shortlisting students to be new Young Fellows. It is an experience that I am so glad I was able to have.

It is comforting to think that during our school years there are so many dedicated people working to make our school lives better. Overall, being a UFA Young Fellow has given me confidence and the ability to communicate with people, and already I know that communication skills are the key to success. //



Photograph shows Ellie Mawbey-Adamson & Hannah Broom
UFA Fellows



When reviewing the five Every Child Matters outcomes there are numerous activities linked to the UFA that bear relevance:

Be Healthy: Breakfast Club development, reinforcing the importance of regular water intake, peer support, promoting active lifestyles, opportunities to explore emotional literacy, healthy eating, Young UFA Fellows researching eating and activity habits.....

Stay Safe: Self confidence boosting activities, first aid classes, peer mentoring, activities linked to support agencies, internet safety, anti bullying activities, Young UFA Fellows mentoring pupils from Cluster Schools...

Enjoy and achieve: Developing an opportunity rich environment, an ever increasing menu of clubs/activities, Young UFA Fellows helping to design and shape the 'offer,' booster sessions, clubs to support the curriculum and nurture a range of interests, giving everyone additional opportunities to achieve, giving students the opportunity to enjoy volunteering....

Make a positive contribution: Researching, contributing to school council, UFA Young Fellows are involved in a large number of voluntary activities with extensive opportunities for building confidence and self esteem....

Achieve economic well being: Clubs that develop employability skills i.e. decision making, leadership, coaching, target setting and action planning, budget planning for Summer Challenges

Caister High School..

Caister High School, a UFA partner since 2001, hit the headlines with their 'Bring your Family to School Day'. Caister High students and staff are engaged in a range of UFA activity both in school and within the wider community. Below is an extract from the Great Yarmouth Mercury October 2005:

"Bring your Family to School Day"

On Thursday evening the corridors of Caister High School echoed to the excited chatter of over 300 visitors taking part in the school's first-ever "Bring your Family to School Day". The event was part of the national "Family Learning Week". Over 100 families took part, enjoying a fantastic evening of over 30 activities.

Events ranged from "Learn German in 5 minutes" to patchwork quilting and fashion pom-poms, from prize quizzes to make-up and manicure, from Indian head massage to shadow puppets and from digital photography to family history. Some of the most popular activities were African drumming, t-shirt decoration, Egyptian hieroglyphic writing, Christmas crafts and the Bath Bomb Factory.



A queue of keen visitors stretched right across the playground. Families vied to sign-up for their chosen activities. Others preferred to drop-in and sample a range of different event. The evening culminated in a free prize draw with prizes generously donated by local businesses. Families went happily away having won fish & chip suppers, fitness days, days at the races, Sunday lunches and a host of other prizes.



George Denby (Headteacher) who is dedicated to extending the use of the school said "It's a fantastic evening – this is how the school should be, busy with activities and families long after the end of the normal school day. A school is a tremendous local resource and should be at the heart of the community."

We're on the web,
www.ufa.org.uk



And finally....

Update from Elaine Abbott, Partnership Manager for Norfolk...

Norfolk UFA now has a UFA steering group drawn from across the Network. So far it has met twice, it is planned that young people will also be represented in this group. Cathy Duhig, AST and Fellow from the Park High School, is working alongside me so that she can become one of the counties team of UFA trainers. If your school or organisation is interested in this coaching process as part of your professional development please contact me.



Cathy and I met the fifth Norfolk Fellowship for their 6th Fellows training day last December and will meet again this February. The new Fellowship training dates are March 20th and 21st, June 8th and 9th and an autumn date yet to be decided. All the training takes place at Carrow Abbey, Norwich. If your school or organisation wants members of staff to join this Fellowship please contact me. The next young People's Fellowship also starts in March with students who applied over a year ago, this has been financed by the Study Support Service.

Thanks to all our contributors: Val Miller Fellow at Caister High School, Izzy Fellow now teaching at Blythe Jex High School, formerly at Costessey High School and Vanessa Scargill at Aylsham High School.



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