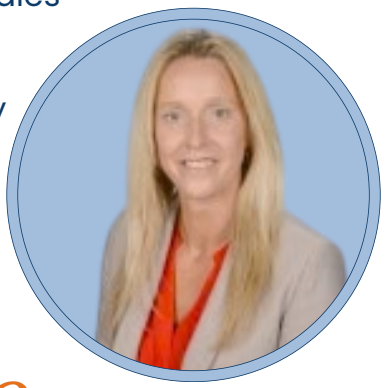

USH
Spring 1
Newsletter

A Message from.. Miss Clements

Although it has been a short half term it has still been incredibly busy with lots of events and student activities. From sporting success across football, cross country and basketball to careers events with external professionals.
Our students who are taking part in our sports teams are really smashing the wins, Y8&9 boys football, Y8 winning by an impressive 7-0!

Our House Teams have been running charity weeks, Engineers were first followed by Mariners. A week is dedicated to each House to run events and raise lots of money. The weeks combine sports competitions, jewellery making and staff competitions to bring in the donations. This has been run and organised by our students, providing an excellent opportunity for them to demonstrate their initiate and leadership skills.

Next half term we have lots of exciting events coming up. Culture Week is coming up just before the Easter break, celebrating the rich and diverse culture and community we have at USH. A range of events will be running from culture catwalk, food tasting and an evening of thanks. We also have Y11s sitting their final PPE examinations in core subjects and Business and all Historians will be off on the Battlefields trip, visiting WW1 cemeteries and memorials around the Somme area of France. Y9&10 Geography Residential is also running. We also have Spring Concert and more events being run by the PTFA, including Wonka Bar sales supporting World Book Day, Summer Fayre.



And we must not forget Mars Day on the 3rd March and World Book Day 5th March!

Just a reminder that 2026 is the National Year of Reading.
Half term is a great opportunity to engage with reading, why not visit your local library to discover a new book or download an audiobook to enjoy.

I hope you all have a restful and enjoyable break.

A Message from.. Chair of Governors

We are pleased to welcome Neil Glasspool as a new parent Governor. This brings the Governors committee to 10 of us, which includes 2 parent governors, the Headteacher and a staff governor. There have been visits to the school by link governors for safeguarding, SEND and Careers.

Governors have participated in Meet the Professionals Day at USH last month. The Chair of the Governors welcomed children and families to the USH Open Day and has been involved in overseeing the ranking of applications for the school in September 2026.
Governors have attended the Parent Forums to listen and feedback issues and comments from parents to the Governors and Governors have attended school events such as the school Christmas Concert.



Governors continue to meet three times a term and receive reports about all aspects of the school's policies, activities and performance from the Headteacher and the Senior Leadership Team. Governors also liaise closely with Hamwic Education Trust on ensuring the governance of Upper Shirley High School is as effective as it can be. If anyone would like to know more about the USH Governors' committee, please do look at the Governors' page on the school website.

Upcoming Events

Want to stay up to date? You will find all our school dates, term times and INSET days right here: USH Calendar

25-26 INSET Days
6 MARCH
26 JUNE

26 FEB
SEND Parent & Carer Network

02 MAR
Y10 Mock careers Interviews

02 MAR
Y11 GCSE PE Moderation

23rd February
Y7 & Y10 Grandstand Photo

05 MAR
Y8 Parents' Evening

05 MAR
World Book Day

06 MAR
Staff INSET Day - closed to students

10 MAR
DofE Expedition Parent/Carer Information Evening

11 MAR
Parent Carer Network

20 MAR
Y9 & Y10 Geography Residential

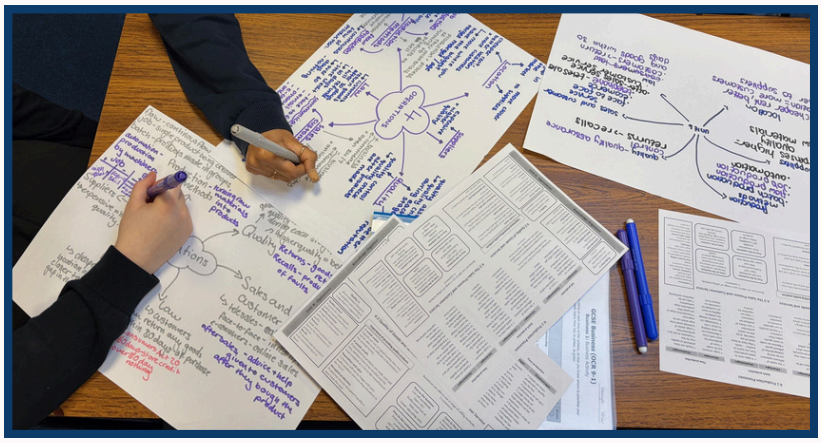
23 MAR
Culture Week

23 MAR
Spring Concert Rehearsal

24 MAR
Spring Concert

What's been happening in.. Business Studies

Year 11 have now completed the theory element of their GCSE Business course and are shifting their focus to effective revision. One strategy they are finding particularly useful is "Blurting", a powerful recall technique where students write down everything they remember about a topic before checking their notes. This helps identify gaps in knowledge and strengthens long-term memory. With all units now covered, students are working hard to consolidate their understanding and build confidence ahead of their mock exams.



Science

The Science department was proud to take 11 Y10 students to the Salters Festival of Chemistry, Discovery Day at the University of Southampton on Thursday 15th January. The students spent the morning making compounds used in the synthesis of aspirin from Molymods before joining them together to see how the reaction occurs on the molecular level.

The students then had a talk from Dr. D. Bradshaw on his current research into Metal Organic Frameworks (MOFs). Students learned about how these structures are being used to address real world challenges such as providing clean water and their use as catalysts in order to reduce energy use in the chemical industries. Students had a chance to put questions to Dr Bradshaw as well as Nick Bone, former Fawley plant director, and Daisy McConnell, a university graduate and phD student.

In the afternoon, students then went into the university teaching labs in order to carry out the synthesis of aspirin. It was a great day and enjoyed by all, and who knows, maybe one of them will will lead a talk on their research to the future generations that attend a Discovery Day.













What's been happening in.. *Careers*

We are delighted to share that a group of our Year 9 students achieved outstanding success at the recent I-Construct Awards Evening. Their hard work, creativity and teamwork were recognised with two fantastic honours:

🏆 Highly Commended Award
🏆 Most Creative Award

A huge congratulations to Abdullah, Zain, Darryl, William, Eesa, Ansh and all the other students who contributed to this impressive achievement. Their innovative ideas and dedication really stood out on the evening and reflect the talent and enthusiasm within our school community.

If you would like to see more highlights from the event, additional photos are available on the HCTA LinkedIn page here:
🔗 https://www.linkedin.com/feed/update/urn:li:activity:7419801905205264384

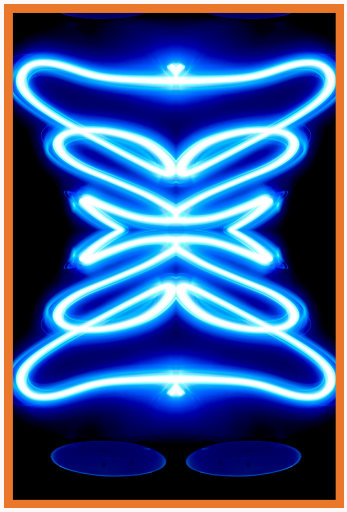
We are incredibly proud of our students for representing the school with such creativity and confidence, well done to everyone involved!





Photography

Our Year 9 Photography students have excelled in developing their technical skills through their recent light painting projects. Using long-exposure photography techniques, students experimented with shutter speed, movement and creative lighting sources to produce striking and imaginative images.






What's been happening in.. House Teams















What's been happening in.. PE

Despite a challenging season of weather related cancellations, our PE department has plenty of achievements to celebrate across basketball and football this term.

U16 Basketball Team: A Season of Progress and Determination

With just one fixture left to play, the U16 basketball team have made significant progress under the expert guidance of Mr Neville, whose coaching has helped the team develop a much deeper understanding of tactics, strategies and patterns of play. Although the scoreboard has not always been in our favour, the team's resilience, commitment and outstanding team spirit have stood out throughout the term. Players have consistently encouraged one another, demonstrating excellent unity and sportsmanship.

Squad Members

Emmanuel A, Ryan N, Baylee T, Seb D-A, Justin Y, Anoop B, Filip S, Zach H, Toby D, Kaeden D and Elijah W-R.
A special thank you goes to Henry A and Sam B from Year 9, who generously volunteered their time to run the scoring table at our home games, your support has been invaluable.



Match Results

- Wyvern 58 – USH 34
- USH 33 – St George 61
- USH 34 – Swanmore 39
- Bitterne Park 28 – USH 38
- USH 36 – Westgate 37
- Weston vs USH – to be played Thursday 12th February

Mr Hall & Mr Neville praised the team for their effort, enthusiasm and growth throughout the season.

Football Results Across the Year Groups

While many fixtures had to be cancelled due to poor weather, our football teams still managed to complete several matches, with some excellent performances to celebrate:



Year 8 Football

- USH 7 – 0 Redbridge
- Player of the Match: Gabriel S

Year 9 Football

- USH 2 – 0 Deer Park
- Player of the Match: Oliver S

Year 10 Football

- USH 1 – 2 Gregg School
- Player of the Match: Filip S

Well done to all players for representing the school with such skill and determination.

Upcoming Summer Sports Events

Parents may wish to note the following dates for our summer term sports events, including several exciting primary school partnerships:



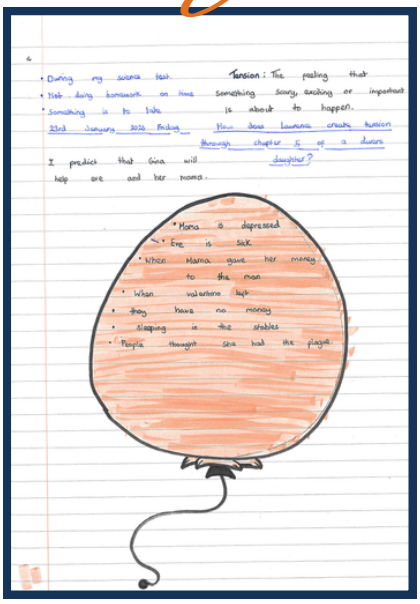
- 20th May – Wordsworth Primary Sports Day @ USH Fields
- 21st May – Shirley Infants Sports Day @ Shirley Infants
- 22nd May – Year 2 JEP Event (proposed) @ USH Fields
- 1st June – Year 4 JEP Event (proposed) @ USH Fields
- 11th June – Year 2 JEP Event (proposed) @ USH Fields
- 12th June – Year 4 JEP Event (proposed) @ USH Fields
- 25th June – Hollybrook Sports Day @ USH Fields
- 3rd July – Shirley Juniors Sports Day @ USH Fields

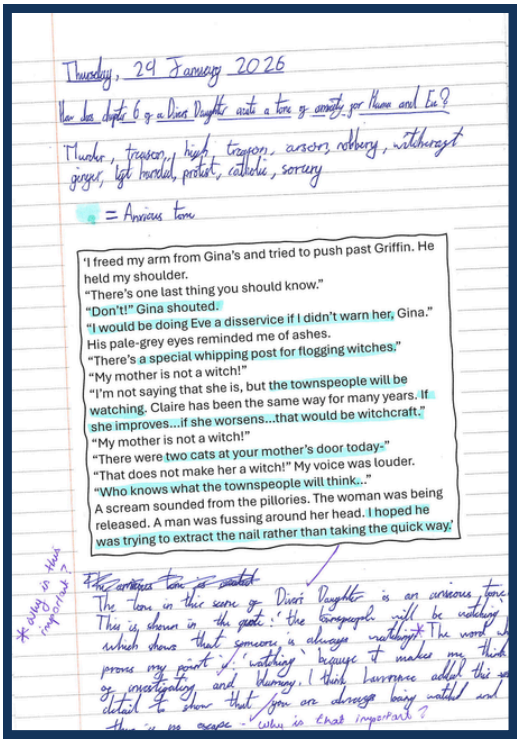
We look forward to an action-packed summer and to seeing our students continue to grow, compete, and enjoy sport.

What's been happening in..English

Year 7 students have been making a splash learning all about their new classbook Diver's Daughter.

This new inclusion to the curriculum has students exploring Tudor Southampton and the hidden treasures of the Mary Rose.





Following on from last year's work with Southampton University and poet/film-maker Ricky Tart, three of our Year 8 students - Tabitha, Jocelyn and Saad - spent a fun day in January filming for a special extension of the 'Clean Air Project': a TV-show pilot that explores the science behind pollution and ways that we can work to solve it.

The filming involved our students presenting to camera in front of green screens and a professional lighting set-up, multiple takes and taking directions and - at one point - dressing up in 27 coats! Great fun, with a serious message. Next stop, the Baftas!









The Library

It's been a busy half term for the Library! We've launched the Junior and Senior Reading Challenges to start off the National Year of Reading, and Blind Date with a Book had returned for February which includes the chance to win a prize for the best reviews. We also have a team competing in the regional heats as part of the National Reading Champions Quiz against 24 other schools across the south of England. And of course we have World Book Day coming up after half term on Thursday 5th March with a whole week of activities for students to sign up for!



What's been happening in.. Food & Nutrition



USH recently attended a Rotary Club cooking competition where our students demonstrated excellent culinary skills, creativity and professionalism.

Genevieve L, Daisy B and Sam B truimphed in the in school heat and took their exciting menus to the local finals. Although they all did really well, Daisy B achieved an outstanding 2nd place, securing a spot in the Regional Final in February.

This is a fantastic achievement and we are incredibly proud of all our students' hard work and dedication. We wish Daisy the best of luck as she progresses to the next stage of the competition.

French

Year 7 have been making a revision quilt for their upcoming French assessment. This showed them a different way of revising and how to learn vocabulary ready for their assessment.









What's coming up in..

Science

The Science department is excited to share that we have 'Eddies STEM Event' coming back to USH this year. While we would love to have every student experience this, spaces are very limited. Students will be rewarded with a ticket based on Tassomai usage over the dates of Monday 9th February 2026 to Sunday 1st March 2026.

The top 20 students in each year group will get a ticket to their year group event. There will also be a small number of 'Golden Tickets' that will be handed out to other students.

We wish all the students the best with gaining their Tassimals over this period as well.

Music

Monday 23rd March - Spring Orchestra Rehearsal Day (music to be distributed early after February half term)
Tuesday 24th March - Spring Concert 6:30PM USH Hall

All Woodwind, Brass and bowed String players welcome to sign up for Orchestra day; Limited percussion spaces available to drummers and other music-readers.

If you wish to take part in our Spring concert, join Choir after school on Wednesdays in MUS1 with Mr Smith and Mr Lamprell, or Guitar Ensemble on Tuesdays after school in MUS2 with Mr Copsey.

Personal Development

Students across the school have been learning about 'spacing and interleaving' for revision techniques across the whole school. This is to support all students with assessments and eventually exams. This has fed into report reflections for KS3 where students have set themselves goals and targets.

Students continue to support their wellbeing weekly with golden mile and daily litter picks alongside wellbeing Wednesday activities.

This half term we have asked students to research people in the LGBTQ+ community and students have created some amazing fact files about these people. These will be used to in an exhibition ahead of Pride month.



...learning without limits

Important Notices

The Textile department would appreciate any fabric and wool donations to support Year 9 to Year 11 textiles students with their amazing work.
Please either drop of at USH reception or email Mrs De Ruiter Hough at mariella.deruiter@ushschool.org

The Textile department are looking to expand the number of sewing machines we have. If you have a sewing machine which is in full working order and you would like to donate to us please contact Mrs De Ruiter Hough at mariella.deruiter@ushschool.org
Please support USH in lowering our carbon footprint and reducing the environmental impact of producing a new one.

All information on Y8 and Y9 options can be found on our website here!

Our free Breakfast Club is open to all students every day from 8:00am

We are hiring!

- Head of PSHE
- Head of Health & Social Care
- SENco
- Careers Administrator
- Teacher of Maths
- Head of ICT
- Exam Invigilator

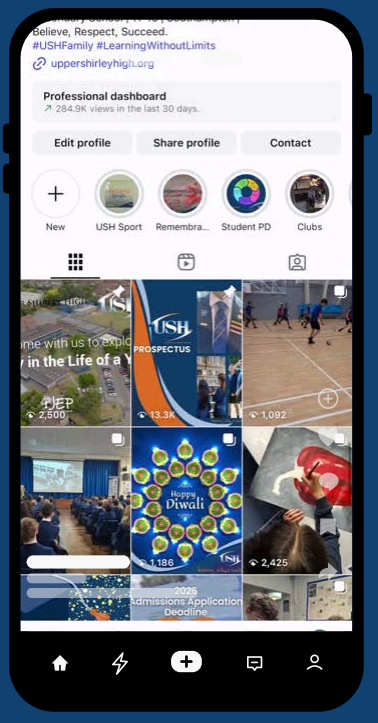
Apply here

Many of our departments appear on Instagram, we are sharing their posts through our social media feeds but do go and take a look at the great work happening across the school.

@USHschool
@USHPhotographyDepartment
@USHArtDept
@USHPhysEd
@USHGeography
@USHEnglishDepartment

The PTFA manage private Facebook groups for each year group, where you can keep up to date on what's going on. Please join by searching for the following groups:

USH Stuff! (for all year groups)
Year 7 @ USH 2025/2026
Year 8 @ USH 2025/2026
Year 9 @ USH 2025/2026
Year 10 @ USH 2025/2026
Year 11 @ USH 2025/2026





Instrumental and Singing Lessons

Learn a Skill - Improve Cognitive Function - Have fun and make new friends!

Learning a musical instrument could set your child up for a more successful life

- **Cognitive Development** - playing an instrument engages every area of the brain
- **Academic advantages** - studies show that musicians often have increased language processing and mathematical abilities
- **Emotional and mental health -** Learning an instrument can be a powerful stress reliever and way to express emotions
- **Physical coordination and discipline -** Fine motor skills, hand eye coordination, patience and focus can be improved
- **Social and personal opportunities -** learning to the level at which students can access bands or orchestras enhances social skills and teamwork
- **CV Builder -** Playing a musical instrument is a powerful conversation leader at college and job interviews, regardless of subjects applied for or career aspirations

There are plenty of spaces for lessons at school so please consider signing your child up now. Lessons are during the school day throughout the week. We have teachers available for all instruments and voice. Our lessons are provided by Southampton Music Services so if you have any questions please contact their business manager at Graham.Hesp@southampton.gov.uk

If you wish to sign up your child for lessons please scan the QR code or follow the link. Lesson prices may be reduced based on the number of teaching weeks left in the term. Monthly payment is available to help spread the cost. Instruments are available to hire at a small additional cost.

Lessons are available individually or paired. There may be a waiting list for some instruments or if there is not another student currently waiting for paired lessons in the same instrument.

Lesson prices 2025-26

Weekly paired 20 minute lesson - £115 per term
Weekly Individual 20 minute lesson - £175 per term
Weekly Individual 30 minute lesson - £265 per term
Pupil Premium students Weekly Individual 20 minute lesson - FREE
Looked After Children Weekly Individual 20 minute lesson - FREE
Discount available for students with an EHCP

Sign Up form
https://tinyurl.com/5hferbsd

SCAN ME



BUSHCRAFT HOLIDAY CLUB

SPEND YOUR HOLIDAYS EXPLORING THE OUTDOORS!

Unleash your adventurous side at our Bushcraft Holiday Club! This one-day outdoor course is perfect for young people aged 9-14 (Year 5 and up) who are ready to explore the great outdoors and learn real bushcraft skills.

Spend the day building shelters, cooking delicious food over a campfire, mastering the use of Kelly Kettles, and trying your hand at woodworking. Whether you're a first-time explorer or an experienced adventurer, there's always something new to learn! Sign up and book your space through the QR Code

School holidays

Itchen Valley Country Park, Allington Lane

YOUTH OPTIONS
A better future

www.youthoptions.org.uk

Youth Options is a registered Charity (1056463).

PRESCHOOLS & CHILDCARE | PREVENTION | TARGETED | PROGRESSION | OUTDOOR LEARNING



WOODLAND HOLIDAY CLUB

SPEND YOUR HOLIDAYS EXPLORING THE OUTDOORS!

Unleash your sense of adventure at our Ofsted Registered Forest School-themed holiday club!

Designed for children aged 5-11 (Year 1 and up), our holiday club offers a magical mix of outdoor activities. From shelter building and campfire cooking to woodland art, games, nature walks, and habitat exploration, there's something for every young explorer. Join us for a holiday experience full of learning, fun, and fresh air!

Sign up and book your space through the QR Code →

School holidays

Outdoor Learning Centre, Bishopstoke Road, Eastleigh

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