

Year 10 Update

See page 2 for a snapshot of upcoming events!



Spring Term A 2024

Dear Parent(s)/Carer(s),

As we approach the mid-point of the year, I am incredibly proud of the progress that students in Year 10 continue to make. Spring A has been a very short half-term, but one that has been filled with many wonderful opportunities, experiences and achievements – some of which are highlighted below.

Firstly, it was a great blessing to be able to share with the Year Group the celebration of the Mass of St Angela on 24th January at Sacred Heart church. The school's feast day is our one opportunity to gather at the church for communal worship, and Year 10's participation and reverence was excellent.

Year 10 students' engagement with extra-curricular, student leadership and enrichment programmes has continued to be excellent, and I am particularly pleased to be able to share that we have four students remaining in the Ball Girls' training process at the AELTC, (Karolina, June, Aitana, and Martha). I wish these four students the very best of luck as they continue their preparations ahead of this summer's championships. Congratulations, too, to all Year 10 students who took part in the Jack Petchey 'Speak Out!' challenge on 23 January. The speeches I heard were fabulous, and I wish Toni and Sophia B the very best of luck as they progress to the next stage of the challenge. Well done, too, to Aitana, Maia, Jada, and Silvia who – along with Toni and Sophia – were judged as group winners for their speeches, and to Selima, Amira, Naomi and Sofii who were highly commended for theirs.

I was pleased to accompany 17 Year 10 students to King's College Hospital on 8 February for a series of lectures around different careers in medical research. These students, along with the few Year 10s who accompanied Mr Vvedenskiy on the same trip earlier in the day, engaged fantastically in the talks, and asked insightful questions.

As ever, we strongly encourage that all students engage with at least one extra-curricular, student leadership or enrichment programme offered by the school. Details of what is on offer can be found in the enrichment guide, online.

Year 10 Attendance has improved in Spring A compared to Autumn B, although there is still room for improvement. On behalf of the school, I would like to thank you for your support in ensuring that your daughter maintains excellent attendance as we move into Spring B.

Wishing you and your families well for Half-Term, and a well-deserved rest for students.

Yours faithfully,
Mr Roberts
Head of Year 10

There have also been some other great achievements this half term, you can find these on our [Twitter P.E Dept Twitter](#) and [Instagram!](#)

Spring A Highlights

- St Angela's Mass, Sacred Heart church
- Wimbledon Ball Girls Trials / Selection at the AELTC
- Jack Petchey 'Speak Out!' Challenge
- King's College Hospital Clinical Research Facility Trip



Students' Achievements

1 - Most Rewards:

1. **Michaela B R (10C)** – 46
2. **Mollie S (10B)** – 45
3. **Olivia R (10A)** – 43

Congratulations to **10C** who are currently leading the way with 711 Reward Points

2 – Highest Attendance:

There are currently **24 students** in Year 10 who have 100% attendance. Please do keep up the good work!

Congratulations to **10F** who lead the way with 96%!

3 – Celebrating Achievement:

Congratulations to **Isabella T (10A)**, who was recently awarded the Ursuline Education Network Service award for her commitment to Serviam and the Ursuline core values. A huge achievement!

Congratulations to the Year 10 students who recently took part in the Edge Hill Players' Pantomime, 'The Sleeping Beauty', together with me and a total company of over 90 cast members. It is always a pleasure to share the stage with students, and to witness first-hand this excellent use of your gifts and talents!

We recognise that many students make great achievements in their extra-curricular engagements outside of school. Please share these with us so that we can celebrate them!

Year 10 Virtues:

Spring Term: Leading for Justice

Summer Term: Acting with Truth

When we return in Spring B, the season of Lent will have begun. During Lent, Catholic communities are called to engage in fasting, almsgiving, and prayer. These themes are inseparable from our Spring virtue and the solidarity we are called to share with the poor, oppressed and marginalised through these acts.

Year 10 Update



Spring Term A 2024

Upcoming Events

February

- 13th February – Shrove Tuesday
- 14th February - 28th March – Lent
- 14th February – Ash Wednesday
- 19th February – Start of Spring B Term
W/C 19th February: Year 10 French Exchange (hosting).
- 20th February – Lenten reflection for parents, Chapel, 6.00-7.00pm



March/April

- 1st March – St David's Day
- 8th March – International Women's Day
- 11th March – Science Week
- 10th March – Mother's Day
- 11th March – Science Week
- 13th March – St Cecilia's Concert, 7.30-9.00pm
- 17th March – St Patrick's Day
- 20th March: Multicultural Evening, 6.00-8.30pm
- 21st March: Cultural Day
- 24th March – Feast of St Oscar Romero
- 26th March – Feast of St Margaret Clitherow
- 26th March – Year 10 Passion Service
- 27th/28th March – Academic Review Day
- 29th March – Good Friday
- 31st March – Easter Sunday
- 29th March - 12th April – Easter Holidays
- 6th - 13th April – Ski Trip
- 15th April – Summer A Term Starts

**Please note this is not a complete event list and is intended to provide a snapshot only. Events may be subject to change.*

PSHEC – Upcoming Topics (Spring B):

- LGBTQI+ History Month
- Relationships and Sex Education, including resources from Ten-Ten.

In Spring A, Year 10 have studied topics such as 'risky behaviours', with a focus on drug, alcohol and substance abuse; the dangers associated with cosmetic surgery; gender prejudice and discrimination; misogyny and its impact on women's mental health.

We have also marked Children's Mental Health Week, and National Apprenticeships Week.



Jack Petchey "Speak Out"
Challenae Regional Finalists

Free Parental Workshops

South West London and St George's Mental Health NHS trust are running a number of free wellbeing workshops for parents / carers of secondary school aged children. Click here for more information and to book: [Secondary Parents - NHS Wellbeing Workshops | Eventbrite](#)

Education Wellbeing Service
Upcoming Events For Parents & Carers
Spring/Summer Term 2024
Supporting your teenager's mental health webinars

- 15TH OR 24TH JAN: Understanding & Supporting Your Teen With Autism Spectrum Condition. For all secondary & college parents/ carers.
- 6TH OR 7TH FEB: Social Media & Gaming- What Parents Need To Know. For all secondary & college parents/ carers.
- 26TH OR 27TH FEB: Managing Exam & Assignment Stress. For parents/ carers of Young People in Years 11-13 & college.
- 11TH OR 13TH MAR: Parenting Teenagers With Characteristics of ADHD. For all secondary & college parents/ carers.
- 24TH OR 25TH APRIL: Managing Exam & Assignment Stress. For parents/ carers of Young People in Years 7-10.
- 14TH OR 16TH MAY: Supporting Your Teenager With Emotional Difficulties & Self Harm. For all secondary & college parents/ carers.

To view further event details and descriptions, and to book on to any of the webinars, please scan the QR Code or follow the link to our Eventbrite collection. [Click here](#)

We also provide free 1:1 early help support programme for young people to support with anxiety or low mood. Speak to your school to find out more.

Cost of living crisis: please use the link to check if you qualify for the governments Free School Meals scheme: <https://self.merton.gov.uk/service/Pupil Premium and Free School Meals application>

Additional Support

[Young Merton](#)
[Young Minds](#)
[Off The Record](#)
[Kooth](#)
[MindEd](#)
[e-wellbeing](#)

Year 10 Update



Dear parent(s)/carer(s),

Parent Communications:

At the Ursuline, parental communication is really important to us. I have listed below a reminder of the correct person you should contact for a particular enquiry, which I hope you will find useful.

Form tutors – general enquires about the Ursuline, friendship issues, organisation, homework, clubs/enrichment, uniform, equipment, travelling to/from school, punctuality, trips/calendar events.

10 Angela	Ms Keay	poppy.keay@ursulinehigh.merton.sch.uk
10 Bernadette	Ms Guillet-Siad	melanie.guillet@ursulinehigh.merton.sch.uk
10 Catherine	Ms Ciechanowska	agnieszka.ciechanowska@ursulinehigh.merton.sch.uk
10 Francis	Ms Grant	naen.park@ursulinehigh.merton.sch.uk
10 Margaret	Ms O'Neill	rachel.oneill@ursulinehigh.merton.sch.uk
10 Teresa	Mr Ching	jason.ching@ursulinehigh.merton.sch.uk
10 Ursula	Ms Sidaway	sereha.sidaway@ursulinehigh.merton.sch.uk

Head of Year, Assistant Head of Year, or Pastoral Support Assistant – Mental health, bullying, safeguarding, online safety, absence request forms, request for your daughter to receive school counselling/educational well-being practitioner, financial support/free school meals.

James.Roberts@ursulinehigh.merton.sch.uk Head of Year

Sylvia.Brown@ursulinehigh.merton.sch.uk Pastoral Support Assistant

Ms Young – Attendance and punctuality/lateness. All absences and lates must be reported via email or Weduc, or phone no later than 8.45am. Bernadette.young@ursulinehigh.merton.sch.uk 0203 908 3144

IT Issues

ITHelpdesk@ursulinehigh.merton.sch.uk – for IT/Weduc/Arbor/laptop related enquires.

Subject specific enquiry – please contact the subject teacher, all staff contact details can be found on our Ursuline directory below.

[Staff Contact Details - Ursuline High School](#)

Yours sincerely,

Mr Roberts