

Year 10 Update



Spring Term A 2026

Make sure to check out our Spring Term
>>> **ENRICHMENT PROGRAMME** <<<

Dear Parent(s)/Carer(s),

As we approach the mid-point of the academic year, we are extremely proud of the continued progress made by students in Year 10. Although Spring A has been a short half-term, it has been a busy and rewarding one, filled with valuable opportunities, enriching experiences and notable achievements, some of which are highlighted below.

We were delighted to celebrate the Mass of St Angela with the Year Group on 28th January at Sacred Heart Church. As the school's feast day, this occasion provides one of our opportunities each year to gather together for communal worship in the church, and the conduct of our Year 10 students was exemplary. Their participation and reverence throughout the Mass were greatly appreciated.

Engagement in extra-curricular activities, student leadership roles and enrichment programmes continues to be a real strength of the year group. We are particularly pleased to share that seven Year 10 students remain in the Ball Girls' training programme at the All England Lawn Tennis Club: Tallulah, Florence D, Florence P, Sara Ch, Sophii, Eva Cho and Alicia MM. We wish them every success as they continue their preparations ahead of this summer's championships. We would also like to congratulate all Year 10 students who took part in the Jack Petchey 'Speak Out!' Challenge on 20th January. Feedback on both the quality of the speeches and the students' attitudes was overwhelmingly positive. We wish Elisa S, Stephanie, Emily C and Sinit the very best of luck as they progress to the next stage of the competition.

In addition, we were pleased to accept an invitation from King's College School to attend a theatre trip to see *Witness for the Prosecution*. It was a thoroughly enjoyable afternoon, and the 14 students who attended were captivated by the twists and turns of Agatha Christie's classic drama.

Despite these many positives, attendance in Year 10 remains a significant concern. National attendance data clearly demonstrates a strong link between high attendance and academic success, with average attendance for strong achievers typically around 93–94%. Since the pandemic, rates of persistent absence have almost doubled, and the impact on outcomes is substantial: students with persistent absence have a 36% likelihood of achieving 5 or more GCSEs, compared with 78% for those who attend regularly.

Currently, Year 10 attendance stands at 92.9%. Our school target, both for the year group as a whole and for each individual student, is 96%. Students with attendance below 90% are classified as persistently absent and will be closely monitored and supported on an individual basis, with clear targets set for improvement. We thank you for your continued support in ensuring that your daughter attends school regularly and punctually as we move into Spring B. We have lots to look forward to in the Spring B half-term, please see 'Upcoming Events' on the next page. Half-term itself brings with it the start of Lent – a period of prayer, fasting, and almsgiving for Christians. Throughout Lent, students will be provided with opportunities to reflect on and engage with these themes through their RE lessons and collective worship during registration. I am sure that all students will contribute meaningfully towards this.

We wish you and your families a restful and enjoyable half-term break, and students a well-deserved opportunity to recharge.

Yours faithfully,
Ms Torode

Head of Year 10

There have also been some other great achievements this half-term, you can find these here: [UHS Instagram](#) [UHS PE Instagram](#)

Students' Achievements

1 - Most Rewards:

1. **Emily O (10A)** – 20
2. **Wendy V (10T)** – 12
3. **Grace B (10B)** – 10

Congratulations to **10T** who have the most rewards with **738!**

2 – Highest Attendance:

There are currently **24 students** in Year 10 who have 100% attendance. Please do keep up the good work! Congratulations to **10M** who lead the way with 94.51%!

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!

3 – External Success:

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.

Cricket Academy



The SACS application process for September 2027 is now open for current Year 10 students to join the **Cricket Academy**. Sign up link here: [SACS Application Form 2027](#).

Spring A Highlights

- Mass of St Angela
- Jack Petchey Challenge
- Battle of the Bands
- Wimbledon Ball Girls
- Post 16 Options Talk (South Thames College Group & Roehampton Uni)



Wimbledon Ball Girls



St Angela Feast Day

Year 10 Update

Virtues: Spring Term: Leading for Justice, Summer Term: Acting with Truth



Upcoming Events

February

16th -20th – Half-Term
23rd – INSET Day
24th – Start of Spring B Term

March

Lent Programme
2nd – GCSE Yr 10 Geography Fieldwork Trip to Juniper Hall
3rd – Year 10 Sixth Form Transitions Parents' Evening (6.30-7.30pm)
5th – World Book Day
8th – International Women's Day
11th – St. Cecilia Day Concert, 7.00-9.00pm
11/12th – GCSE Geography Fieldwork to Battersea Power Station
16th – French exchange hosting Week
18th – Multicultural Evening, 6.00-8.30pm
19th – Cultural Day
21st – French exchange - L'argente visit UHS
23rd – KS3 and KS4 Drugs Parental Workshop
24th – Y10 Parents Revision Evening; Main Hall (6.00-7.00pm)
24th – Joint Concert with Wimbledon College 7.00-9.00pm
24th – Feast of St Oscar Romero
27th – Passion Services
27th – End of Spring B Term

Looking Ahead

4th - 11th April – Ski Trip 2026; Alpendorf, Austria
13th April – Summer Term A Begins
15th April – Jack Petchey Regional Final at UHS
17th April – Year 10 Bronze Dof E; Friday & Saturday; Practice Expedition;
7th May – Year 10 Internal End of Year Exams in Hall (3:50 - 18:30pm)
19th June – School Sports Day at Weir Archer Kingsmeadow Athletics Track
29th June – Year 10 Sixth Form Taster Day

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



Jack Petchey Regional Finalists Decider



Welcoming Milo – Our Therapy Dog!



Chattertocks Choir Workshop



Battle of the Bands (Rouge) - Freya M, Evie T, Diana B, Gilia F, & Nyah K!

Wellbeing

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.

See below for further information and how to book:

Education Wellbeing Service

wellbeinginschoolsevents@swlstg.nhs.uk

Upcoming Events For Secondary Parents Spring Term 2026

Supporting your teenager's mental health webinars

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

Date	Topic	Time
16TH FEB 26	Supporting your teenager with Exam Stress (Years 11-13)	7 PM - 8 PM
17TH FEB 26		1 PM - 2 PM
9TH MAR 26	Conflict, Communication and Compromise - the teen years	1 PM - 2 PM
12TH MAR 26		7 PM - 8 PM

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](#)

You can sign up to any of their free webinars by copying this URL:

https://www.eventbrite.com/cc/secondarycollege-parents-wellbeing-workshops-725989?utm_campaign=social&utm-content=creatorshare&utm_medium=discovery&utm-term=odclxcollection&utm_source=cp&aff=esbc

Laptops & Social media/gaming

Just a polite reminder that school laptops are for school related work only. Please remind your daughters that they are not for accessing social media, gaming or web browsing non-school-related content.

Year 10 Update

Health and Well-being Services Directory and Resource Library

Health and Wellbeing

The teenage years can bring about many well-being and mental health challenges for teens and their families. At the Ursuline High School, we fulfil our school values through our outstanding pastoral care. We understand that young women need to have the best view of themselves and the world around them to succeed.

We really do care for each one of our students and we ensure that their individual needs are known and met. Students have a variety of support available that they can access in school to support them, with any worries or anxieties students may have about school or outside of school.

Our focus on well-being is further supported by being part of the South-west London Mental Health Trailblazer. This partnership provides mental health support teams that work with students and their parents with the aim of ensuring they are well equipped to have healthy and honest conversations about emotional well-being – as well as connecting them to local services. This has enabled us to develop the services we have on offer at the Ursuline including a clinical psychologist, nurse and educational well-being practitioners.

If you or your daughter have a concern, then in the first instance please speak with your daughter's form tutor or pastoral support assistant. See the Year 10 list [here](#).

Safeguarding

At the Ursuline High School, the well-being and the safety of young people in our care is paramount. We recognize our duty to ensure arrangements are in place for safeguarding and promoting the welfare of children. If you have a concern regarding a student please [contact the Safeguarding team](#). Our webpage has details of who to contact during school and out of school hours.

Parent/Carer Support Services Directory

Explore our [Directory](#) for a list of charities and other parenting experts sharing practical strategies, and powerful insights that can help to inform your conversations at home.

Online Safety, Smart Devices and Social Media

Our [extensive online safety library](#) hosts our Smart Devices & Social Media Statement and other recommended resources related specifically to online safety. From social media and gaming to online challenges and conversation starters, our library is expansive.

Girls' only Education

The [On educating Girls': Creating a World of Possibilities' podcast](#) produced by the International Coalition of Girls' Schools (ICGS) is a robust global conversation among experts who are passionate about the education and healthy development of girls. Tune in for practical strategies, and powerful insights that can reshape your conversations at home.