

Year 7 Update

Spring Term A 2026

Make sure to check out our Spring Term
>>> [ENRICHMENT PROGRAMME](#) <<<



Dear Parents / Carers,

I am delighted to update you on the Year 7 highlights and accomplishments for this half-term, there has been a lot happening which I would like to share with you.

In PSHEC we have been focussing on forming and maintaining respectful relationships, we put together recipes on what we think a healthy relationship should look like. We have also spent time looking at healthy lifestyle choices, and more recently we focussed on 'Children's Mental Health Week', their theme this year was 'This is My Place'. There are some examples of students' work on the next page.

On a different note, we had a very reflective day at the end of January with the Year 7 Ethos Day, we learnt about the Mission and Legacy of the Ursulines, we spoke about what kind of people we will be when we leave UHS and reflected on our school virtues. We finished the day, all together with a Mass, to celebrate the Feast of St Angela. Each Year 7 form has also been delivering form prayers to Year 8 in the Chapel, this has been a lovely reflective time for all involved (photo below).

In sporting news, we have had a lot of year 7s representing our school in basketball matches, football fixtures, more recently our year 7 athletics team have represented us at the London Youth Games.

You will see the social media reminder on the next page, please support us with our no social media policy in year 7. I have been spending a lot of time resolving issues which have developed through social media. Additionally, we have also had to remind many of Year 7s about behaviour and respect. When I have contacted parents or carers about this, I always say that we speak to the students about T.H.I.N.K: on the next page there is a visual for you showing you what T.H.I.N.K stands for. For support and advice on Online Safety and Well-being please [click here](#). Finally, just a polite reminder of who to contact when. All staff details are on page 3 of this newsletter, including all subject teacher's email addresses. If you have a question for your daughter's subject teacher, please feel free to contact them directly. In relation to absences, please contact Ms Young, before 8.45am.

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. Congratulations to Year 7 on another excellent half-term, we are now over halfway through Year 7 – it has gone so quickly!

Wishing you and your families a restful and happy half-term, and a joyous start to Lent.

Yours faithfully,
Ms Hoyles, Head of Year 7

Spring A Highlights

- New Enrichment opportunities (see top of this page and next page for the link)
- Merton borough football competition
- Joint House prayers to Year 8
- Ethos Day
- Whole year Mass for St Angela
- LAMDA showcase
- School Council Meeting, reps – change each half term
- 100% of students have logged events on their Serviam passports.



Yr 7 leading prayers to Yr 8



Trampolining Club

There have also been some other great achievements this half term, you can find these on our [Instagram](#) & [PE Instagram](#)

Students' Achievements

Rewards: Year 7

Total Rewards : 7,489.

Well done to 7 Angela with the most rewards:

- 7Angela – 1282
- 7 Bernadette – 1088
- 7 Catherine – 864
- 7 Francis – 1133
- 7 Margaret – 1065
- 7 Teresa – 1040
- 7 Ursula - 1017

The students with the most rewards (at time of writing) are:

1. Dominicia 7M – 72
2. Lotanna 7T – 68
3. Layla 7T – 66
4. Valentina 7M – 56
5. Ella 7U – 53
6. Jessirey 7T - 53

2 – Attendance:

There are currently **47** students in Year 7

who have **100%** attendance – well done all!

We are just above the school's target of 96%, at 96.7%. The tutor group with the best attendance so far is 7Angela with 97.4%, closely followed by 7 Margaret with 97.2% and then with a joint attendance of 96.7% 7 Catherine and 7 Teresa.

Just a polite reminder that holidays should not be booked in term time. For 2026-2027 term dates, click [HERE](#) so you can plan around our term dates.

Year 7 Update

Virtues: Spring Term: Loving, Summer Term: Joyful



[Click HERE for the Spring Term Enrichment.](#)
[Click HERE for the Parent / School calendar.](#)
[Click HERE for term dates 2025-2026.](#)
[Click HERE for term dates 2026 – 2027.](#)

Upcoming Events

February 2026

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

**Please note this is not a complete event list and is intended to provide a snapshot only.*



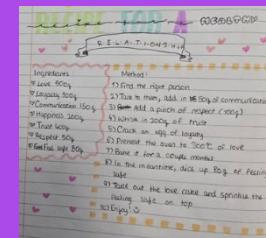
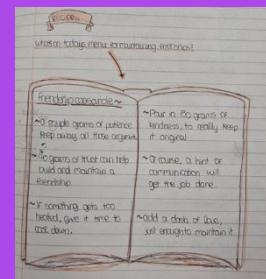
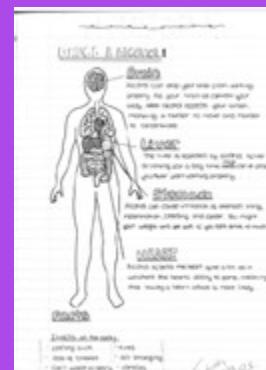
Borough Football 2nd Place

March 2026 -Lent Programme

3rd March – 7A to 10A form prayers
3rd March – Lent Reflection for parents
4th March – 7B to 10B form prayers
5th March – World Book Day
6th March – 7C to 10C form prayers
10th March - 7F to 10F form prayers
11th March – 7M to 10M form prayers
11th March - St Cecilia Concert 7.00-9.00pm
12th March - Year 7 National Careers Challenge
13th March – 7T to 10T form prayers
16th March – Neuro Diversity week
17th March – 7U to 10U form prayers
18th March – Multi-Cultural Evening 6.00-8.30pm
19th March – Culture Day
23rd March – KS3 and KS4 Drugs Parental Workshop
24th March – Joint Concert with Wimbledon College 7.00-9.00pm
27th March – Passion Services
27th March – End of term

Other dates to note:

13th April – Start of Summer term
12th May – Year 7 Revision Evening 6-7pm
8th June – Year 7 End of Year Exam Week
19th June – Sports Day
2nd July – Year 7 Parents Evening
13th July – FEST week

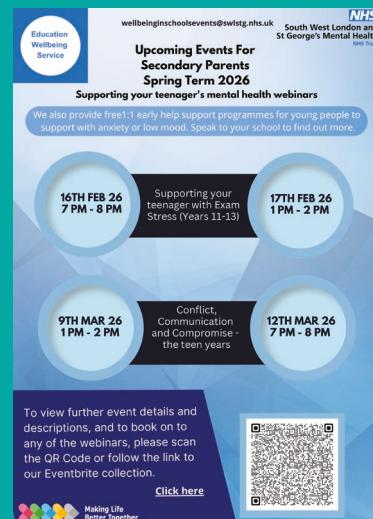


Wellbeing

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/College Parents - Wellbeing Workshops | Eventbrite



Laptops / Social Media / Values

Just a polite reminder that the school laptop is for school related work only.

Age restrictions on WhatsApp, Snapchat, TikTok in the UK is 13 years old. Please support us with this, we are dealing with a lot of issues.

Regarding behaviour and respect we ask students to **THINK** before they act.

THINK

Before you speak

- T** – is it **True**?
- H** – is it **Helpful**?
- I** – is it **Inspiring**?
- N** – is it **Necessary**?
- K** – is it **Kind**?

Year 7 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.

7 Angela	Ms Thomas	Paula.Thomas@ursulinehigh.merton.sch.uk
7 Bernadette	Ms Taylor	geraldine.taylor@ursulinehigh.merton.sch.uk
7 Catherine	Ms Grandin	Katharine.Grandin@ursulinehigh.merton.sch.uk
7 Francis	Ms Kearney	Seoighe.Kearney@ursulinehigh.merton.sch.uk
7 Margaret	Ms Gregory	Gabriela.Gregory@ursulinehigh.merton.sch.uk
7 Teresa	Ms Gordon	Marlyn.Gordon@ursulinehigh.merton.sch.uk
7 Ursula	Dr Kosmider	Rowena.Kosmider@ursulinehigh.merton.sch.uk

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.

Rachel.hoyles@ursulinehigh.merton.sch.uk Head of Year – telephone: 0203 908 3102

Karin.Eloff@ursulinehigh.merton.sch.uk Pastoral Support Assistant – telephone: 0203 908 3105

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

Subject teachers should be contacted for any subject specific enquiries.

All staff contact details can be found on the [Ursuline directory](#) on our website.

Yours sincerely,

Ms Hoyles