

# 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.

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



**Yr 7 leading prayers to Yr 8**



**Trampolining Club**

## 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

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

### March 2026 -Lent Programme

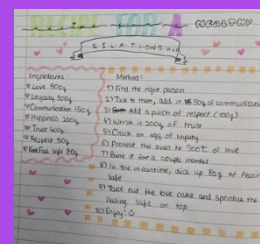
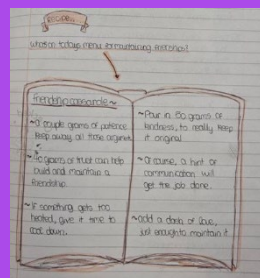
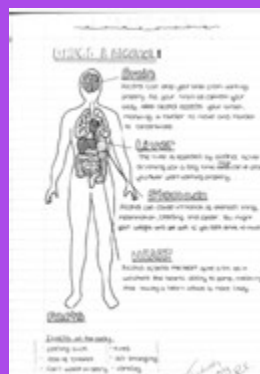
3<sup>rd</sup> March – 7A to 10A form prayers  
3<sup>rd</sup> March – Lent Reflection for parents  
4<sup>th</sup> March – 7B to 10B form prayers  
5<sup>th</sup> March – World Book Day  
6<sup>th</sup> March – 7C to 10C form prayers  
10<sup>th</sup> March - 7F to 10F form prayers  
11<sup>th</sup>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

### Other dates to note:

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



**Borough Football 2<sup>nd</sup> Place**



**Welcoming Milo – Our Therapy Dog!**

## 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

wellbeing@schools@swl.nhs.uk South West London and St George's Mental Health NHS Trust

**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.

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

Making Life Better Together

## 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	<a href="mailto:Paula.Thomas@ursulinehigh.merton.sch.uk">Paula.Thomas@ursulinehigh.merton.sch.uk</a>
7 Bernadette	Ms Taylor	<a href="mailto:geraldine.taylor@ursulinehigh.merton.sch.uk">geraldine.taylor@ursulinehigh.merton.sch.uk</a>
7 Catherine	Ms Grandin	<a href="mailto:Katharine.Grandin@ursulinehigh.merton.sch.uk">Katharine.Grandin@ursulinehigh.merton.sch.uk</a>
7 Francis	Ms Kearney	<a href="mailto:Seoighe.Kearney@ursulinehigh.merton.sch.uk">Seoighe.Kearney@ursulinehigh.merton.sch.uk</a>
7 Margaret	Ms Gregory	<a href="mailto:Gabriela.Gregory@ursulinehigh.merton.sch.uk">Gabriela.Gregory@ursulinehigh.merton.sch.uk</a>
7 Teresa	Ms Gordon	<a href="mailto:Marlyn.Gordon@ursulinehigh.merton.sch.uk">Marlyn.Gordon@ursulinehigh.merton.sch.uk</a>
7 Ursula	Dr Kosmider	<a href="mailto:Rowena.Kosmider@ursulinehigh.merton.sch.uk">Rowena.Kosmider@ursulinehigh.merton.sch.uk</a>

**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](mailto:Rachel.hoyles@ursulinehigh.merton.sch.uk) Head of Year – telephone: 0203 908 3102

[Karlin.Eloff@ursulinehigh.merton.sch.uk](mailto:Karlin.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](mailto: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