

Year 10 Update

Spring Term B 2026

See page 2 for a snapshot of upcoming events & page 3 for Health and well-being Services Directory and Resources



Dear Parents / Carers,

Over the past five weeks, the Church has journeyed through the sacred season of Lent—a time when Catholics are invited to deepen their faith through prayer, fasting, and acts of generosity. At Ursuline, our students have embraced this opportunity with great enthusiasm, taking part in weekly challenges that bring these values to life. From quiet reflection during Eucharistic Adoration in the chapel, to generous contributions to our Food Bank appeal, and moments of shared prayer during Registration, the spirit of Lent has been felt strongly throughout our school community.

For our Year 10 students in particular, this has been a meaningful period of growth and reflection, leading them towards the joy and celebration of Easter, which is now fast approaching.

A highlight of the Spring term each year is undoubtedly our Multicultural Evening and Culture Day. These events provide a wonderful opportunity for our whole school community to come together in celebration of the rich diversity that makes Ursuline so special. Through food, music, and traditional dress, students were able to share and experience cultures from around the world, creating a strong sense of belonging and inclusion. The lunchtime 'catwalk' was especially memorable, filled with energy, colour, and pride. We extend our sincere thanks and congratulations to the multicultural team and our Sixth Form students for their dedication and leadership in making these events such a success.

This term has also brought many other memorable moments, including the beautiful St. Cecilia's concert. I would also like to congratulate Stephanie V and Emily C, who will be representing the school in the Jack Petchey 'Speak Out!' Challenge Regional Final in April—we wish them every success.

Thank you to all parents and carers who attended the Year 10 Revision Evening on 24th March. We hope you found the session informative and helpful as students begin their preparations for their end-of-year exams. The exam timetable has been carefully designed to support students, with no more than two exams scheduled per day wherever possible. If you have any questions or concerns, please do not hesitate to contact our pastoral team.

We held our Year 10 Sixth Form Transitions Evening this half-term, which we hope provided some further insight into our sixth form life, application process, and next steps - now that Year 10 are progressing rather rapidly through KS4. The PowerPoint can be found [here](#).

As we move into the next half term and our Year 11 students begin their study leave, Year 10 will step further into the academic spotlight. End-of-year exam results will be shared with students from 15th June, once papers have been reviewed, and these will be discussed in more detail at Parents' Evening on 24th June.

There have been many other achievements to celebrate this half term, alongside excellent participation in extracurricular activities and trips. Thank you to all our students for their continued enthusiasm and commitment. We wish the very best to those heading to Austria for the ski trip over the Easter break—I am sure it will be a fantastic experience.

Wishing you and your families a restful and joyful Easter holiday. I look forward to welcoming students back for the Summer Term on Monday 13th April at the usual time.

Yours faithfully,
Ms Torode
Head of Year 10

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

Students' Achievements

1 - Most Rewards:

1. Sapphire D: 10A
2. Ava GS: 10C
3. Amiah G: 10F
4. Autumn J: 10A

Congratulations to **10A** – with the most rewards this half term!

2 – Highest Attendance:

There are currently **19** students in Year 10 who have **100%** attendance. Please do keep up the good work!

Attendance needs to improve across the whole of Year 10, **10M** have the highest at this point.

3 – External Success:

Pleased to hear that **Lexie L 10T** represented the London Fire Brigade Cadets in the International Women's Day event.

Impressively **Maeve G 10M** represented Merton at the House of Commons 'Launching a Borough of Sport' Breakfast reception.

Well done to both **Eva W 10T** and **Daniela GS 10B** for competing at Junior Scullers Head Regatta at Dorney Lake,

Spring B Highlights

- Multicultural Evening and Culture Day
- St Cecilia Concert
- Ursuline Dallas Visitors
- Start of Lent and Ramadan



St Cecilia's Concert



Ursuline Dallas Visitors



Multicultural Evening

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



Upcoming Events:

April

- 30th March – 10th April: Easter Holidays
- 3rd April – Good Friday
- 4th - 11th April – Ski Trip 2026; Alpendorf, Austria
- 5th April – Easter Sunday
- 6th April – Easter Monday
- 13th April – Summer Term A Begins
- 17th April – Year 10 Bronze DofE; Friday & Saturday; Practice Expedition

May

- 4th – May Bank Holiday
- 5th May – Sixth Form Applications open on Applicaa
- 22nd May – End of Summer A
- 25-29th May – Half-Term
- 21st May – World Day for Cultural Diversity
- 7th-15th – Year 10 Internal End of Year Exams begin
- 25th -29th – Half-Term

Looking Ahead

June

- 1st June – Start of Summer B
- 19th June – Sports Day at Weir Archer Kingsmeadow Athletics Track
- 24th June – Year 10 Parents Evening, Hall (4:00 - 6:30pm)
- 29th June – Year 10 Taster Day - Sixth Form Courses
- 29th June – 12th July- Wimbledon Championships
- 29th June – Student Leadership Celebration, Hall (7.00-9.00pm)
- 30th June – Summer Concert, Hall (6.00-8.00pm)
- End of June – Year 10 Sixth Form Interviews

July

- 3rd July – Sports Awards Dinner
- 9th July – Year 10 celebration, 1.35-3.10pm
- 8th July – Year 10 Debates
- 13th July – FEST week
- 17th July – End of term - Summer Holidays



GCSE Geography Fieldwork Trip



Lagente Exchange



Maeve G 10M London Youth Games Speaker



Year 9 & 10 Footballers London Youth Games

Wellbeing

Parental Workshops

The SWLSTG Education Wellbeing Service is offering lunchtime and evening parent Webinars across the year to help support your child's wellbeing and mental health.

Education Wellbeing Service | wellbeingschoolsevents@swlstg.nhs.uk | South West London and St George's Mental Health NHS Trust

Upcoming Events For Secondary Parents Summer 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.

21ST APRIL 26 7 PM - 8 PM	Managing Exam and Assignment Stress (Years 7-10)	23RD APRIL 26 1 PM - 2 PM
10TH JUNE 26 1 PM - 2 PM	Supporting your teenager with emotional difficulties and self-harm	18TH JUNE 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/secondary-college-parents-wellbeing-workshops-725989?utm-campaign=social&utm-content=creatorshare&utm-medium=discovery&utm-term=odclsxcollection&utm-source=cp&aff=escb>

If your child is interested in 1:1 sessions with our in-school NHS Wellbeing Practitioners to help with worries, low mood or anxiety, they can pick up an application form from reception or speak to a member of staff.

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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](#).

Laptops

A reminder that school laptops are for school related work only. Please remind your daughters that they are not for accessing non-school-related content including web browsing, social media, and gaming.

Online Safety, Smart Devices and Social Media

To keep our children safe, it is essential they are media literate, can think critically and have boundaries. Normalising difficult conversations and holding open and ongoing discussions within the household around **online safety** is key. The minimum UK age restriction for social media incl. WhatsApp, Snapchat & TikTok is 13 years old, and we ask you to support us. Visit our [online safety library](#) for our Smart Devices & Social Media Guidance document and other valuable resources.

Parent/Carer Support Services & Resources

Access our [Directory](#) of charities and other teen experts sharing practical strategies, and powerful insights to help inform your conversations at home. From parent webinars to guidance on hot topics including vaping, healthy eating & sleeping, friendships and school holiday inspiration, 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.