

Year 7 Update

See page 2 for a snapshot of upcoming events. Page 3 for more pics & see page 4 who to contact.



Autumn Term A 2025

Make sure to check out our Autumn Term >>> **Enrichment programme!** <<<

Dear Parents / Carers,

I am delighted to share our first Year 7 newsletter of the academic year. We are very proud of the way the Year 7 cohort have settled into life at the Ursuline. The induction day in September was a great success. Students have given us lots of lovely feedback including: "the school is very welcoming", "there are lots of new subjects which are very interesting" and "We have so many clubs we can join". We have shared this video with you already, but if you have not seen it, please see our First Experiences video [here](#)."

Our virtue for this term is Insieme, meaning together. We have done lots of things together, each form group has taken part in their form retreat, led by our Chaplain Mr Cunliffe. The theme was 'This Little Light'. We had lovely feedback from the students: "Before this retreat I've always tried to fit in and survive, so now I know I should shine and stand out because it's good to let people see that light". The retreat "helped understand my faith in Jesus but I learnt not to change myself", and "Now I realise you should be your yourself and not change your personality for other children". We have also come together across year groups, Year 8 have led on prayers to their house, for example Year 8 Angela delivered prayers to 7 Angela in the Chapel.

Lots of students have engaged with our extensive enrichment programme and are involved in the wider opportunities we have on offer. Even at this early stage of the year, our year group has demonstrated SERVIAM in all that they do, logging nearly 600 hours of Serviam activities. Also, our student consultative and council groups have come together as a collective student voice to discuss fantastic ideas and suggestions for the school. I am so pleased that so many students have signed up for Student Leadership opportunities this year.

Over 60 students have signed up for the Year 7 choir, I went to a rehearsal last week, they are working on O' Little town of Bethlehem for the Carol Service and Good Morning Baltimore for Hairspray! (details on page 2).

In the last week, we have celebrated Mass for St Ursula's feast day – a highlight of the Autumn A Term. Students have also been celebrating BHM in all of their lessons. The theme for this year is celebrating successes. The year group explored the multitude of contributions that black people have given to a multitude of areas.

We look forward to the next half-term, continuing to see the students settle into Ursuline life. Wishing you and your families a restful half-term holiday.

Yours sincerely,
Ms Hoyles
Head of Year 7

**Awarded
'Outstanding'
in our
Catholic Schools
Inspectorate
(CSI) Report**



Autumn A Highlights:

- Year 7 Retreats 'This Little Light'
- European Week of Languages
- The Wimbledon Bookfest trip
- Black History Month Celebrations
- Film night – raising money for the Ursuline Parents' Association
- Year 7 Netball fixture win
- Year 8 form leading prayers to Year 7
- 7 Francis, 7 Teresa and 7 Ursula leading on assemblies
- 151 students with 100% attendance
- Music Showcase – 31 students taking part
- 575 hours of Serviam logged on Serviam Passports

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

Students' Achievements

1 - Rewards: Year 7 Total Rewards :

The students with the most rewards are:

1. Dominica 7M - 38
2. Lotanna 7T - 34
3. Layla 7T - 33
4. Ella 7U - 34
5. Valentina - 34

The tutor group rewards:

- 7 Angela – 475
- 7 Bernadette – 358
- 7 Catherine – 409
- 7 Francis - 412
- 7 Margaret - 421
- 7 Teresa - 369
- 7 Ursula - 411

2 – Attendance:

There are currently **151** students in Year 7 who have 100% attendance – well done!

I am pleased with the attendance percentage, since September we are at 97.9%

The tutor group with the best attendance so far is 7 Angela with 99%, with 7 Francis and 7 Teresa very close behind with 98.3% – really well done!

If your daughter participates in sport or other activities outside of school do encourage her to let me know – I would love to celebrate their efforts.

We encourage each student to get involved in enrichment activities, if your daughter has not yet signed up please look at the fantastic opportunities we have on offer here: [Serviam/Character Development/Enrichment - Ursuline High School](#)

Year 7 Update



Upcoming Events

27th - 31st October: Half Term

November

3rd – INSET day

4th – Start of Autumn B Term

11th – Remembrance Day

11th – Commissioning Service, 7 – 8.30pm, school hall

14th – Year 7-10 Progress Celebration Breakfast

24th – Launch of Christmas Gift Appeal

27th – Hairspray! School production - 7.00pm start.

(Tickets available from finance from Monday 10th November.
Tickets will be limited at 2 per student)

28th – Christmas Fair - Year 8 selling to Year 7

28th – Hairspray! School production - 7.00pm start.

(Tickets available from finance from Monday 10th November.
Tickets will be limited at 2 per student)

December

1st – Advent begins

9 or 10th – Christmas lunch for students

12th – Christmas Fair - Year 7 selling to Year 9

12th – Christmas Tree Service - Chapel, after school

15th – Joint Carol Service at Sacred Heart, Edge Hill 8-9pm

19th – Christmas Assembly: Peace on Earth
and Last Day of Term (School Day ends: 12.50pm)

January 2026

5th – School returns for all students

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

[Click here for term dates for 2025-2026](#)

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.

The poster is titled 'Upcoming Events For Secondary Parents Autumn Term 2025' and is supported by the Education Wellbeing Service and NHS South West London and St George's Mental Health. It lists four events:

- 3RD NOV 25**, 6 PM-7.30 PM: Healthy habits in teenagers with Autism. QR code: [SCAN OR CLICK HERE](#)
- 4TH FEB 26**, 12.30 PM-2 PM: Healthy habits in teenagers with Autism. QR code: [SCAN OR CLICK HERE](#)
- 11TH NOV 25**, 1 PM-2 PM: Understanding and supporting teen sleep. QR code: [SCAN OR CLICK HERE](#)
- 11TH NOV 25**, 7 PM-8 PM: Understanding and supporting teen sleep. QR code: [SCAN OR CLICK HERE](#)

A note on the right side states: '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.' At the bottom, it says '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.' with a 'Click here' link. The contact email is wellbeing@schoolforparents@swlsgmhs.nhs.uk.

Click below for more information and to book:

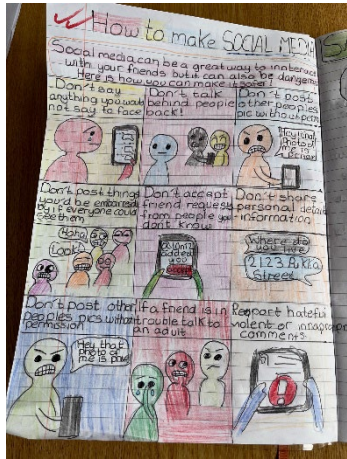
[Secondary/College Parents - Wellbeing Workshops | Eventbrite](#)

Laptop / Social Media

Just a polite reminder that the school laptop is for school related work only, please remind your daughters that it is not for downloading or playing games on.

Age restrictions on WhatsApp in the UK are 13 years old. Snapchat's age requirement is 13 years old. Please support us with this.

Year 7 Update



Social media PSHE work



Lovely example of 'My identity' in PSHE

What have we been up to since the start of term?



Year 8 Ursula leading prayers to Year 7 Ursula



Netball team – Preparing for their first fixture.



Year 7 Choir preparing for Hairspray! And the Carol Service



Bookfest trip to talk by author Emma Carroll



Black History Month – Lunch and Learn Wear Red day



Performers Year 7 Music Showcase

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: 02039083102

Karlin.Eloff@ursulinehigh.merton.sch.uk Pastoral Support Assistant – telephone: 0203908 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 0203908 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