

Year 7 Update

See page 2 for a snapshot of upcoming events!



Autumn B Term 2022

Dear Parents / Carers

We are delighted to update you on the Year 7 highlights and accomplishments for this half-term. A real highlight was our trip to PGL Liddington. We were so impressed with the students' communication, teamwork, and courage to face their fears. It was great to see them so enthusiastic and eager to participate in all the activities, despite the added pressures that the wet, windy weather brought. There was a lot of laughter too, not least when they witnessed their Head of Year experience the giant swing!

Our students who chose to remain in school during the PGL trip demonstrated outstanding leadership skills and creativity through their planning and delivery of an insightful and thoughtful assembly presentation on how we can address climate change as individuals, a year group, and throughout our whole school Ursuline community. We look forward to implementing their suggestions in the New Year! Well done everyone.

It has been wonderful to see our students strengthen their friendships this term, particularly through the PGL trip and the number of extra-curricular clubs they have joined. Every student in Year 7 has signed up to at least one activity – the school choir being one of the most popular enrichments so far! Also, huge congratulations to all Year 7 students involved in our recent school production, 'A Christmas Carol.' We are so proud of the commitment and confidence demonstrated by these students – these are the days they will never forget!

Every Friday the year group comes together to share their successes of the week at an Assembly, and we are thrilled to share that so far this year, they have been awarded 5,860 rewards! We are so proud to see every student living out our core ethos, Serviam in all that they do and look forward to their continued contributions in the Spring term.

Our term closes with our expansive Advent Programme designed to reflectively prepare for the Nativity of Christ including our Christmas Gift Appeal, Christmas Tree Service, Christmas Jumper Day, Christmas Carol Service, Senior Citizens Christmas Party, and Christmas Staff and Students' Lunch. Year 7 raised at fantastic £1013.60 at their Christmas fundraising fair, with proceeds going to The Common Good for CAFOD's East Africa Appeal- we are so proud of their efforts!

We wish you and your families a joyous Christmas and a happy and healthy New Year.
Yours faithfully,

Ms Pinto and Mr Dunne
Head of Year 7 and Assistant Head of Year 7

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

Autumn B Highlights

- PGL Liddington
- Mental Health Awareness Week
- Children's Book Week competition
- School Production 'A Christmas Carol'
- Christmas Tree Service
- Children's gift appeal charity
- Christmas fair
- Football interhouse competition
- Student initiative - K-POP club
- Anti-bullying awareness week
- Student consultative meeting



Students ready to tackle the PGL challenge



Christmas Carol Service!

Students' Achievements

Check out our [student achievement](#) page for pics!

Year 7 Total Rewards: 4499

1 - Most Rewards:

1. Grace C (7T)
2. Iliana T (7T)
3. Madalena O (7T)

The tutor group with the most rewards since September with 1,390 rewards overall is 7T!

2 – Highest Attendance:

There are currently 47 students in Year 7 who have 100% attendance!

The tutor group with the best attendance so far is 7C– really well done!

3 – External Success:

- Isabel B (7B) – Secured a place at the London Junior and Senior Ballet school and completed her grade 4 ballet exam!
- Olivia M (7B) – ran 5k to raise £370 for Great Ormond street hospital!
- Laura C-S (7A) – secured her green belt in karate!
- Maci D-C (7U) – Performed her cheerleading showcase at the David Weir Centre!
- Raihana A (7U) – Won 3rd place in a regional cross country run!
- 7 Margaret - Interhouse football winners!

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.

Year 7 Update



Upcoming Events:

January

- 3rd January – Start of Spring A Term
- 12th January – Year 7 learning conference
- 16th January – Martin Luther King Day
- 17th January – Launch of the NHS careers competition
- 19th January – Merton Indoor athletics competition
- 20th January – Year 7 visit to a Hindu temple
- 22nd January – The Feast of St Angela
- 23rd January – Year 7 & 8 assessment week
- 27th Jan – Ethos Day
- 27th January – Holocaust Memorial Day
- 30th Jan – Children's Mental Health Week

February

- 1st February – LGBT+ month
- 6th February – Serviam Passport celebration assembly
- 7th February – Merton Girls Basketball Competition
- 9th February – Careers drop-in session with Ms Milne
- 11th February – Last Day of Term
- 21st February – INSET Day
- 22nd February – Start of Spring B Term

Looking Ahead

- 23rd February – Raise Tower Bridge Maths Trip

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

Wellbeing

Parental Workshops

19th January: KS3 Drug Awareness Parental Workshop

8th June: KS3 Relationships & Healthy Lifestyles Parental Workshop

19th June: Parent Workshop to support parents of SEND students

Cost of living crisis: please use the link to check if you qualify for the governments Free School Meals scheme:

[https://self.merton.gov.uk/service/Pupil Premium and Free School Meals application](https://self.merton.gov.uk/service/PupilPremiumandFreeSchoolMealsapplication)

NHS
South West London and St George's Mental Health NHS Trust

Education Wellbeing Service

Upcoming Events For Secondary Parents 2022/23
Supporting your teenager's mental health webinars

22ND, 26TH OR 27TH SEPT
Mental Health during the teenage years - an introduction and overview
For year 7 & year 8 parents

9TH, 10TH OR 15TH NOV
Supporting your teen through emotional storms - emotion regulation skills and strategies
For all secondary school parents

26TH, 30TH OR 1ST JAN/FEB
Understanding and supporting anxiety during the teenage years
For all secondary parents

13TH, 16TH OR 17TH MAR
Supporting and managing exam and assignment stress: top tips and ideas for parents
For all secondary parents - year 11 and 13 focus

4TH, 9TH OR 11TH MAY
Understanding and supporting teen sleep: an overview of the research and recommendations
For all secondary parents

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.

Scan QR code with your phone's camera to sign up for free via eventbrite or search:
www.eventbrite.com/cc/secondary-parents-nhs-wellbeing-workshops-725989

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 find helpful

Form tutors – general enquires about the Ursuline, friendship issues, organisation, homework, clubs/enrichment, uniform, equipment, travelling to/from school, trips/calendar events.

- 7 Angela – naen.park@ursulinehigh.merton.sch.uk
- 7 Bernadette – lanu.carvajal@ursulinehigh.merton.sch.uk
- 7 Catherine – jacqueline.clark@ursulinehigh.merton.sch.uk
- 7 Francis – laura.mchale@ursulinehigh.merton.sch.uk
- 7 Margaret – gabriela.gregory@ursulinehigh.merton.sch.uk
- 7 Teresa – georgina.kent@ursulinehigh.merton.sch.uk
- 7 Ursula – katharine.grandin@ursulinehigh.merton.sch.uk

Head of Year (Miss Pinto), Assistant Head of Year (Mr Dunne) or Ms Sawicka (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.

Ms Young and Ms Sawicka – Attendance and punctuality/lateness (please report student absence before 9.30am).

ITHelpdesk@ursulinehigh.merton.sch.uk – for IT/Weduc/progresso/laptop related enquires.

Subject specific enquiry – please contact the subject teacher, all staff contact details can be found on our Ursuline directory below.

[Staff Contact Details - Ursuline High School](#)

Kindest regards,

Miss Pinto