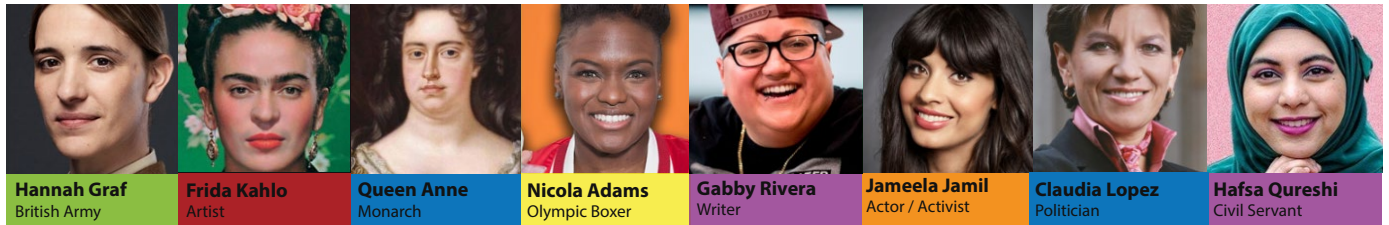




LGBTQ+ Month; Mind, Body, Spirit



"Queer" the aspirations

In the hetero/cisnormative story Cinderella aspires to be beautiful and to marry the prince.

In your queer version Cinderella has many dreams and these include... [insert your version]

A. Aspiring to save the planet and be an eco warrior

B. Aspiring to be a queer activist who fights for equal rights

LGBT+ 2021 HISTORY MONTH
LESBIAN GAY BICENTENNIAL YEARS

Why is it important to highlight the history of LGBTQ+ people? - LGBTQ+ people have always existed and will always exist LGBTQ+ people have made significant contributions to society, but there have been times where those people have been persecuted and discriminated against rather than celebrated for their achievements. We want to shine a light on those achievements. - Representation and visibility matters.

It's important for everyone to be able to see others like themselves. - It is important to look at how far the LGBTQ+ community has come, but also how far it has yet to go. Full equality has not yet been reached.

Roberta Cowell
Racing Driver

Munroe Bergdorf
Model / Activist

Lena Waithe
Actor / Writer

Body, Mind, Spirit

What was the **IMPACT** of this support?

LGBM members continued to organise collections at gay pubs and clubs and on the pavements outside Gay's The Word bookshop. On the 10th December, a benefit held at London's Electric Ballroom raised £5,650. LGBM built strong links to the mining communities of South Wales. The money they raised was used to support miners and their families throughout the strike. By the end of the strike over sixty people were involved in LGBM and other LGBM groups had formed in ten other towns and cities.

After the strike, the strong ties between the LGBTQ+ community and the South Wales mining community remained.

The 2014 film 'PRIDE' tells this story!



February marks **LGBT+ History Month** at Ursuline High School, Wimbledon, this year the theme is **'Mind, Body and Spirit'**. During the month, we have been taking time to remember lesbian, gay, bisexual and transgender history and celebrate the LGBT+ community. Our aim for the month was to provide greater awareness of the issues that LGBT+ individuals have faced in order to work towards a more inclusive society, provide an understanding of how historic and current figures in society are role models and how they bring about equality and change.

We did this via our subject areas, assemblies, online discussion and in year groups. In registration, students researched individuals across a full spectrum of heritages and careers to further their knowledge, while in lessons topics varied from promoting role models that have brought about change in subject disciplines, from Carol Ann Duffy and Jackie Kay in English poetry, to Frida Kahlo in surrealist art, while history focused on gay rights and movements over time and Science delved into the topic of 'Science as a Social good', with P.E looking into athletes and sponsorship/commercialisation and running a competition (see story on sports page).

Additionally, we wanted to promote our student led voice regarding how LGBT+ is accepted in school and the correct language to use in order to be inclusive, to know how to respond to issues of bullying, and for students to have access to well-being workshops to support them in handling any issues that may arise.

In PSHEC, students are spending two periods looking at aspects of same sex relationships, with all year groups also receiving workshops on bullying. Our Student Safe Space Group, (who already meet weekly with Head of P.E Ms Doyle), received two great workshops, one on 'Queering Fairy Tales', which did a great job of flipping stereotypical conventions on their head and really making students think (also courtesy of FreetoBe), and another courtesy of our English department on 'Queer Language Over Time'.

"I think LGBTQ+ Month is so important. Not only because of it being part of my identity, but also because I believe we as a society need to become more welcoming to those within the community. There is nothing wrong or bad about it and we need to understand that. The Queering Fairytales workshop was awesome. We talked about fairytales and how we couldn't really name any relating to LGBTQ+ people. We talked about how they are aimed at children, but they are all cis and straight." Student

Our Librarian, Ms Toop provided a great list of LGBT+ inclusive books as part of the month's celebration, a full list of these can be found [here](#) for you to take a look. **The programme of events will continue into the 1st week after half term (last week of Feb). We look forward to letting you know our student feedback from the month in our next newsletter.**

Find out more: <https://lgbtplushistorymonth.co.uk/>



headlines



Follow us!
Join our growing digital community!
Instagram: [UHSWimbledon](#)
Twitter: [UHSWimbledon](#)

Dear Parents,

As half term arrives it's time for students and staff to rest and re-energise ready to return to school after half term. In St Mark's Gospel last week Jesus needed to take a break from healing and preaching and take time away and pray.

As we start Lent next Wednesday, let us make the time to look after ourselves, to love ourselves a little better. It's a simple message but a huge challenge.

Enjoy making and eating pancakes on Shrove Tuesday. Our Ash Wednesday Service is available on line on the website for you to access with your family.

Stay safe and let's keep our fingers crossed for some dry weather this half term.

With best wishes
Ms Waters



Feast of St Angela

ST ANGELA MERICI

S. ANGELA MERICI

Serviam activities

It is important that today we have some time away from our screens and take time to live out our main value: **SERVIAM**.

Below is a list of serviam activities please try and do at least 3 of the list.

- Don't forget to update your Serviam Passport! List of your serviam acts to send photos of what you have been upto please do! You can either upload to your serviam page or email the photos to stangela@uhs Wimbledon.ac.uk
- Make a positive message board in your house so you and your family can write messages to make each other smile
- Put on a performance for your family: dance, drama, skit, speech or what about stand up comedy!
- Make and send a card to someone you know who is in isolation!
- Put a positive message up in your windows to make your neighbours smile
- Teach a friend a new Serviam outside or skill
- Organise a family games night
- Organise a Zoom/Houseparty for friends
- Reach out to someone in your form or year group who you don't normally talk to and check in with them about how they are doing during lockdown
- Help a younger sibling / friend with their homework

Year group quiz

- How well do you know St Angela and the Ursulines?
- The Year 12 chaplaincy team have up together a Kahoots quiz for your year group.
- Find the link in your feast day team.
- There will prizes for the students that answer all the questions right in the shortest time.
- Google will not the answers so don't cheat!!

“Its an opportunity for us to unite as a community ‘all of one heart and one will’, to remember and celebrate the values we share by virtue of being an Ursuline school.” Assistant Headteacher, Catholic Ethos

On *Weds 27th Jan* we celebrated our **St Angela's Feast Day**. The whole school was off timetable for a day of fun activities following in St Angela's footsteps and sharing her ethos. The focus of the day was *'find the joy'*, with activities including a photography competition, a year group quiz and fun research tasks. Students were encouraged to put their understanding of St Angela and our Core Values in to action through acts of Serviam. Ideas of acts included; positive message boards at home, making a card for someone you know in isolation, and organising a family games night!

MLK Day

On *18th Jan* we launched our **Inter House Speech Writing Competition** in honour of **Martin Luther King Day**.



The results of the **MLK Day Speech Writing Competition** were:
1st Place (500 House Points): Hannah 9B, titled 'Climate in Poverty.'
2nd Place (300 House Points): Clara 9F, titled 'I will fight.'
3rd Place (150 House Points): Joanne 8A, titled 'I have a Dream.'
Congratulations to you all!



Careers Panel

On *Weds 10th Feb*, Year 9 took part in a **Careers Panel** focused on the Armed Forces, TV Production, Healthcare and sport. Students heard from *Aysha*, a 3rd year medical student, *Jennifer*, a Assistant producer, *Charlotte* an officer in the British Army and *Ruth* a former Brand Planning Director for *Nike* and owner of *Third Eye Marketing*, which focuses on sports promotion. The panel spoke on their career journeys, key skills needed. See full story [here](#) for more details.

Safer Internet Day

Safer Internet Day 2021

This is to certify that

supports

Safer Internet Day 2021

Together For a Better Internet

Tuesday 9th February 2021

#SaferInternetDay saferinternetday.org.uk

Safer Internet Day was on *Tues 9th Feb*. With the amount of students currently learning remotely it is vital that students are fully informed of the dangers and ways in which they can keep themselves safe online. So we highlighted the day with a **'Safer Internet Week'**, Students received an assembly on fake news and were given a reliability checklist in order to help check news authenticity online. Students were also posed the question *'Are you free to be yourself online?'* which was discussed in tutor groups. The BBC is also provided a live lesson on 'Staying safe, sensitive and smart online' (coordinated by the UK Safer Internet Centre) you can find the recorded version [here](#).

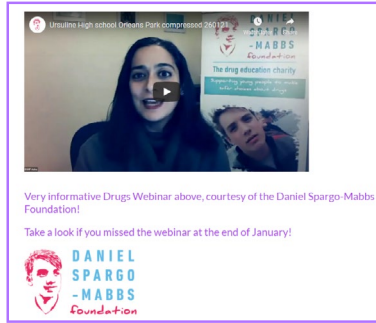
'Insta Ready'

Follow Us! Follow us on Instagram

@uhswimbledon
Become a part of our expanding digital community!

Did you know we're now on **Instagram and You Tube?**
Become a part of our expanding #digital #community!
#serviam #belongandsucceed

Keep Learning!



Own creative self-expression task
Spend 15-30mins today engaging with something that allows you to express your self in a positive, healthy way. Take a photo of what you achieve to share with your form tutor at the end of the week



“Learning affects our well-being in lots of positive ways by helping us stay curious and engaged..”

Mental Health Lead

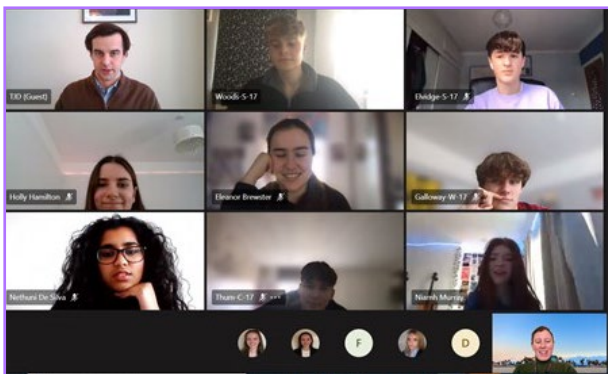
Our well-being focus for this half term has been **‘Keep Learning’**, *“Learning affects our well-being in lots of positive ways by helping us stay curious and engaged, giving us a sense of accomplishment, boosting our self confidence and resilience and allowing us to connect with others, all of which is ever important in the current times”* **Mental Health Lead**

Students were encouraged to participate in further learning outside the classroom, by participating in a variety of tasks; from listing 5 things they would like to learn more about and the taking 10mins to explore the topics online, to taking a virtual museum tour learning to make a new recipe.

Parents also had the opportunity to watch a very informative webinar by the Daniel Spargo Mabbs Foundation on ‘Drugs’, the video is available to watch [here](#) if you missed it!

Children’s Mental Health Week was on 1st-7th February. This year’s was based on the theme *‘Express Yourself’*- a fantastic way to relieve yourself of stress and free your mind! We marked the week with a series of activities for students to engage with during registration and their free time. Student took part in focused assemblies, a step challenge and personal self expression tasks! Students responded really well at a time where staying positive and focused is a big challenge for adults and young people alike!

Global Aspirations!



Year 12 students have been taking part in **Aspirations Global Significance Friday Afternoon Project** with *King’s College, London*. The sessions are an introduction to university style research and tutor sessions, this will help students get ready for university Over the course of the term, students are working in small groups researching and presenting on a topic of global significance! Global significance does not mean issues that are exclusive to other parts of the world, rather it means issues that can affect anyone, anywhere in the world. Issues such as climate action, gender equality, economic growth & clean energy are some key examples! The project will run from *Fri 22nd Jan* until *19th Mar!*



URSULINE HIGH SCHOOL
& WIMBLEDON COLLEGE
SIXTH FORM

T Level Information Evening & Hub Launch



“A great opportunity to get any questions answered, hear from employers and find out why T Levels are an essential addition to our Sixth Form course offering in 2021.” **Head of T Level**

Know a young person interested in STEM?

Want to get ahead of the competition with a course combining classroom based learning with crucial experience in industry?

T Levels might just be the perfect option!

Ursuline High School is delighted to invite parents and students to our **T Levels Online Information Evening**, featuring details about: Digital Production, Design and Development T Level, Laboratory Science T Level and a Q&A session.

Tuesday 2nd March 2021, 6.30pm

‘Come along’ and learn more about our exciting new T Level courses that are on offer at Ursuline Sixth Form. **Click the pic above and register now for free!**

T-LEVELS
THE NEXT LEVEL QUALIFICATION

In the meantime...

Our **BRAND NEW T Level Hub** here has been designed to give you all the initial information you need to know about the new T Levels qualification, and our offer at Ursuline Sixth Form!

[Click here](#) to explore our Hub!

Head Girl Team 2021!



We received some excellent applications and interviews but we are proud to announce the following students as our **Head Girl Team** for 2021. Congratulations **Aleksandra** and **Jan** our new joint Head Girls and **Hope, Louisa** and **Nethuni** our Deputies!

We asked our students their feelings on being appointed to the head girl teams and what they hope to achieve in their newly elected roles. See their answers [here!](#)

Want to join our Sixth Form? Take a look at our course offer [here!](#)





netball tennis football athletics
rock climbing cross country
trampoline basketball hockey
dance duke of edinburgh award
wimbledon ball girls cycling

Fitness Frenzy From Home!



ACTIVITY FROM HOME
LOG IN / JOIN IN

CLUBS TIMETABLE ON-LINE: JUST JOIN THE MEETING AND TAKE PART EACH WEEK FROM YOUR OWN SPACE AT HOME.

- TUESDAYS – 3.20-4.00PM ATHLETICS TRAINING/SPEED & STRENGTH
- THURSDAYS – 3.20-4.00PM CIRCUIT TRAINING FITNESS SESSION
- FRIDAYS – 1.45- 2.20PM MEDITATION / RELAXATION / MIND FITNESS

TEAM UHS

Our P.E Dept have been doing a fab job coordinating **online fitness classes** for students.

Our online **Athletics Club** (see above) kicked off on *Tues 19th Jan*. Well done to those staff and students who joined in with 3 weeks of Athletics fitness and fun on Tuesdays after school!

Students have also been offered the opportunity to take part in **Circuit training** on Thursdays and **Meditation / Mind Fitness** on Fridays to bring the week to a calming end!

The P.E Dept have also kindly provided a **February Half Term Fitness Timetable** [here](#) with lots of great suggestion of how to keep physical and mentally well during the half term- happy exercising!

Insightful Discussions!



In PE lessons students held discussions & gained insight into the lives of past & present **LGBTQ+ sports people**. Such as tennis player **Billie Jean King**, athlete **Dutee Chand** and swimmer **Michael Gunning** (pictured above).



Students also looked at the introduction of the **'Gay Games'** (above, left) and the importance of these events in regards to inclusivity in sport. **BBC Sounds** have an interesting podcast discussing this further which can be found [here](#).

After half term, students will be looking at the late **Justin Fashanu** (above, right), the world first professional football player to come out as gay in the 1990's and the huge amount of backlash he received from his family members, fans and community.

www.teachwimbledon.com



Thinking of becoming a teacher?

'Train to Teach' Virtual Event

Saturday 27th March 2021, 10.00am - 1.00pm

Teach Wimbledon is hosting a multi-provider 'Train to Teach' virtual event on Saturday 27th March 2021 in partnership with the University of Roehampton.



This event will provide you with the opportunity to;

- Chat online with newly qualified teachers
- Get one-to-one advice from our teaching experts
- Connect with local teacher training providers
- Watch a presentation on how to get into teaching



For full details and to book your place, please visit:

<https://beta-getintoteaching.education.gov.uk/events/train-to-teach-london-virtual-event-270321>

We look forward to 'seeing' you there!

Calling All Aspiring Teachers!

Looking for a career change?

Want a job that will really make a difference in the lives of our young people?

Have a passion for educating others?

Teach Wimbledon are pleased to invite any aspiring teachers to our next virtual 'Train to Teach' event on Saturday 27th March.

This event is the perfect opportunity to find out more about the world of teaching and how training with Teach Wimbledon can really help and support you navigate through those early stages of teacher training- giving you that extra boost of confidence needed to overcome the challenges of the modern day teaching environment- in order for you to really succeed in your teaching career!

Interested?

What are you waiting for?

Click on the link to the left and sign up to our March event for FREE now!