

# Year 10 Update

## Spring Term B 2025

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 last five weeks, the Church has completed its Lenten observance in which Catholics are called to engage in prayer, fasting and almsgiving. Throughout Lent, students at the Ursuline have been challenged on a weekly basis to engage in acts which coincide with these themes – for example: many classes attending Eucharistic Adoration in the chapel, as part of their RE lessons; the donation of food to the Food Bank appeal; and following specific daily prayers during Registration. Students in Year 10 have journeyed through Lent and can now look forward to the time of celebration that follows, with Easter just around the corner.

I would also like to congratulate Sabia O, Agathe L and Ellie H and Sophia B - who represented the school in the Jack Petchey 'Speak Out!' challenge Regional Final on Tuesday 1st April. We were honoured to host the event with Elena HT and Bella P entertaining the crowd during the intermissions. All of the speeches were outstanding, and I commend all of our year 10s for their passion in speaking about their chosen topics and their excellent delivery. We are very proud of you - well done! We have to admit that there were some teary heads of year at the back of the hall! The full story can be found on our website [here](#).

One of the highlights of the Spring term every year is definitely Multicultural Evening. This year, however, the celebration was extended to include culture day, the day after. This is largely due to the efforts of a small group of Year 10 students who demonstrated an abundance of passion and drive to get this new event off the ground. The 'catwalk' during lunch on 20th March was a truly spectacular (and, rightfully, loud) event – well attended, and with countless Year 10s involved. The whole school community extends its sincere thanks and congratulations to the multicultural team and sixth form team for leading on the events.

The year group had a brilliant day in the Stocks and Shares event hosted by our careers team. Students were able to get a real insight in how the stock market works and how volatile it can be. We hope that it inspired some students into exploring different careers in finance. A big well done to Isabel M, Lucelle E, Aurelia S, Caley C, and Kiera M, whose team 'Cosmo' won the advert challenge, with a very smart advert and fun jingle! Well done.

Thank you to those of you who attended our Year 10 Parents revision evening on the 1<sup>st</sup> of April. We hope it was a very informative evening regarding the end of year exams. We know the year group have been eager to start their revision and preparations for the exams. The timetable for the exams have been designed so that students only have two exams in a day as often as possible. If you have any queries about the end of year exams please do not hesitate to reach out to our pastoral team. As we go into the next half term and year 11 leave, year 10 will take the spotlight academically. Their results from their end of year exams will be given to students from the 6th of June where papers will start to become available. Parents evening will be on the 25<sup>th</sup> of June where the results will be discussed.

There have been countless other achievements by Year 10 students this half term, as well as excellent participating in extra-curricular events and activities, as well as trips. Thank you to all students for their ongoing enthusiasm! Good luck to those students going on the ski trip to Austria over Easter. I am sure we will all have an amazing time. Wishing you and your families a restful and happy Easter holiday. I look forward to welcoming students back on Tuesday 22<sup>nd</sup> at normal time for the Summer Term.

Yours faithfully,

Miss Smith and Miss Guihene  
Heads of Year 10



## Students' Achievements

### 1 - Most Rewards:

1. Kinga K (10B) - 32
2. Bethany M (10A) - 32
3. Rosa V (10F) - 32

Congratulations to **10C** - currently leading the way with **494 Reward Points!**

### 2 – Highest Attendance:

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

Congratulations to **10M** who lead the way with **95.5%** attendance!

### 3 – External Success:

Congratulations to **Jessica D** in 10F for her successes at the Coulsdon & Purley Festival on 16<sup>th</sup> March. She competed at Intermediate Piano grades 6 and 7 where she was awarded an Honours certificate. Amazing job!

*If your daughter participates in sport or other activities outside of school, please do encourage her to let us know.*



## Spring B Highlights

- Multicultural Evening and Culture Day
- St Cecilia Concert
- Stocks and Shares event
- Jack Petchey "Speak Out" Challenge Regional Finals
- Start of Lent and Ramadan



St Cecilia's Concert



Agathe L: Jack Petchey "Speak Out" Regionals 2<sup>nd</sup> Place - Well Done!



Multicultural Evening & Culture Day

# Year 10 Update

**Virtues:** Summer Term: Acting with Truth



## Upcoming Events:

### April

- 4<sup>th</sup> – 12<sup>th</sup>: Ski Trip
- 7<sup>th</sup>–21<sup>st</sup>: Easter Holidays
- 18<sup>th</sup> – Good Friday
- 19<sup>th</sup> – Feast of Our Lady of Good Counsel
- 20<sup>th</sup> – Easter Sunday
- 21<sup>st</sup> – Easter Monday
- 22<sup>nd</sup> : Return to School: Start of Summer A Term

### May

- 5<sup>th</sup> – May bank holiday
- 1<sup>st</sup> – French Exchange Return Trip Parents meeting; Hall
- 6<sup>th</sup> – Year 10 Test Assessment Week
- 8<sup>th</sup> –Year 10 Internal End of Year Exams begin
- 12<sup>th</sup> – Mental Health Awareness Week
- 23<sup>rd</sup> – End of Summer A
- 26<sup>th</sup> – 30<sup>th</sup> – Half term

### Looking Ahead

- 2<sup>nd</sup> June – Summer B Begins
  - 5<sup>th</sup> June- Parental Workshop KS3- Relationships and healthy lifestyles in USFC
  - 6<sup>th</sup> June – Deadline for Year 10 sixth form applications to be completed on Applicaa
  - 25<sup>th</sup> June– Year 10 Parents Evening in Hall
  - 27<sup>th</sup> June – Sports Day
  - 30<sup>th</sup> June – 13<sup>th</sup> July- Wimbledon Championships
  - 30<sup>th</sup> June – Student Leadership Celebration in the School Hall
  - 1<sup>st</sup> July – Summer Concert, Hall
  - 4<sup>th</sup> July – Sports Awards Dinner
  - 10<sup>th</sup> July – Year 10 celebration, 1.35-3.10pm
  - 18<sup>th</sup> July – End of term - Summer Holidays
- \*Please note this is not a complete event list and is intended to provide a snapshot only. Events may be subject to change.*

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



*Our U16 GCSE PE Basketballers before their assessment video this-half term*



*Tate Modern Trip*



*'Walking the Way' Passion Service*



*Great performances from our Year 10 netball team this half-term*

## 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. Click here for more information and to book: [Secondary Parents - NHS Wellbeing Workshops | Eventbrite](#)

Education Wellbeing Service

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

**Education Wellbeing Service**

Upcoming Events For Secondary Parents Spring/Summer Term 2025

Supporting your teenager's mental health webinars

- 4TH OR 6TH FEB: Social Media & Gaming: What Parents Need To Know
- 24TH FEB: Managing Exam & Assignment Stress For Parents Of Young People In Years 11-13
- 26TH OR 27TH MAR: Exam And Assignment Stress Management For Parents Of Young People In Years 7-10
- 24TH OR 30TH APR: Parenting Teenagers: Conflict And Communication
- 7TH OR 9TH MAY: Supporting Your Teenager With Emotional Difficulties And Self-Harm

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](#)

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.

**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>

### Additional Support

[Young Merton](#), [Young Minds](#), [Off The Record](#), [Kooth](#), [MindEd](#), [e-wellbeing](#)

# Year 10 Update



## 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](#).

### Parent/Carer Support Services Directory

Explore our [Directory](#) for a list of charities and other parenting experts sharing practical strategies, and powerful insights that can help to inform your conversations at home.

### Online Safety, Smart Devices and Social Media

Our [extensive online safety library](#) hosts our Smart Devices & Social Media Statement and other recommended resources related specifically to online safety. From social media and gaming to online challenges and conversation starters, 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.