Dear Parents and Carers,

This has been an exceptionally busy and fruitful term that has seen our ***bright women*** succeed in many ways and experience some fantastic opportunities which will no doubt serve them well as they work towards their ***bold futures***.

This week has included our annual ***Carol Service*** which was an immensely enjoyable experience due to the high-quality music performed by an impressive volume of our student population from years 7 – 13. The sense of community was palpable as staff and students enjoyed the event alongside parents, friends, governors and representatives from the La Sainte Union sisters.

On Tuesday, we welcomed past and present students along with their parents to celebrate in last year's numerous academic successes at our annual Awards Ceremony. It was great to see how our previous students were doing and we welcome them to remain members of our community as alumni.

At this point in the year, it is important that we give thanks for the hard work and dedication of all our staff, including the catering team who delivered a fantastic Christmas lunch.

Message from Mrs Fegan:

Thank you to all parents and students for your continued support, kindness and prayers during this term. I am pleased to share that my treatment is going to plan, and I look forward, God willing, to returning to school on 1st March.

At this joyful season, we remember the birth of Christ, who brings hope, light and peace to the world. I wish you and your families a restful and happy Christmas, and every blessing for the New Year.

Tomorrow is a non-uniform day and the school will close for the Christmas at 12pm. Students will return to school as normal on Tuesday 6*th* January 2026.

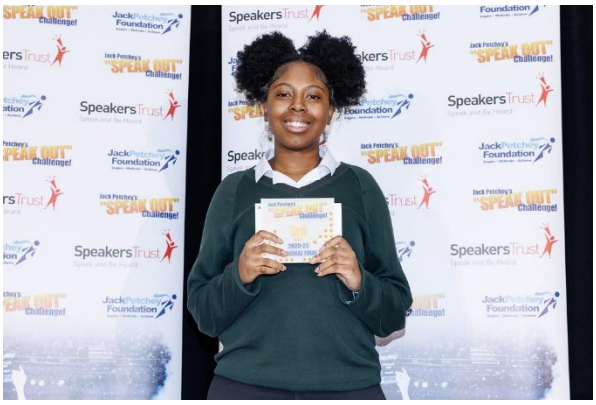
We wish you all a safe and restful break.

Best wishes,

Miss Ridge

Bright Women with Bold Futures.

Jack Petchey Speakers Trust



Last week two year 10 students (Tanisha and Holybel) attended Jack Petchey Speak Out Challenge and **Holybel** gained third place!
Congratulations **Holybel**!

Wicked Theatre Visit

Students in Year 7 watched Wicked the Musical at the Apollo Victoria Theatre earlier this month. As part of our ongoing commitment to fostering a positive and inclusive school environment. students participated in anti-bullying workshops supported by resources from the musical and to enrich this experience and reinforce the messages of kindness, acceptance and standing up for others the workshops culminated in a visit to watch the musical itself.

Lila said *"Outstanding performance. I really enjoyed it. Out of ten stars I would give it 50!!! It's so magical"*

Christmas Break – Support and Activities

Home - London Winter Wellness - Supporting you to stay well this Winter, advice from the NHS

Camden Holiday Activities and Food (HAF) Programme

For any families you may be working with who are looking for winter holiday activities, the Camden Holiday Activities and Food (HAF) Programme will run from Monday 22nd December to Friday 2nd January.

This programme offers a range of free activities and includes a hot meal.

Eligibility: Children and Young People from Reception to Year 11, who are eligible for benefits-related Free School Meals (FSM) and live or attend school in Camden.
For more details and to book, please visit: https://book.plinth.org.uk/calendar/IygultDHV1FHKtijs8qb

La Sainte Union
CATHOLIC SCHOOL

Students meet Premier League stars!

A group of students from Years 7–10 were rewarded this week with an unforgettable trip to Arsenal for their outstanding engagement and commitment in PE lessons and La Sainte Union's football club. The students enjoyed a free stadium tour of the iconic Emirates Stadium before taking part in a creative workshop, designing kits and brand concepts in collaboration with Arsenal. The highlight of the day came as a complete surprise — a special classroom visit from Premier League stars Eberechi Eze and Ethan Nwaneri! The room erupted with excitement, with one student capturing the moment perfectly by asking, "Are you real?" multiple times — a true reflection of the excitement and shock felt by everyone involved.

A message for our Year 11 students and their families

Transition to Sixth Form Study

It is our pleasure to outline the events that will be taking place to support students during the application process to the Sixth Form. It was lovely to see so many of you at the LaSWAP Open Evening on Thursday November 27th. This was a very busy event with nearly1800 people from across London in attendance. If you missed Open Evening or were not able to gain a seat in one of the Headteachers' talks, you can find a shortened version on the LaSWAP website: https://www.laswap.camden.sch.uk/Admissions/Headteachers-Welcome-Talk/

Individual Progression Interviews

In January, all students in Year 11 at La Sainte Union will receive an invitation to attend an individual meeting about their planned courses – these meetings will be held with a member of staff who is knowledgeable about the sixth form and post 16/18 progression routes.
This invitation will also be sent via e-mail to parents / carers using the contact details that we have on our system. These meetings will help each student identify their most appropriate pathway – it will also be an opportunity to compare predicted grades to entry criteria for the courses of interest.

When?

Monday 19th January and Tuesday January 20th + Monday 26th January and Tuesday January 27th

La Sainte Union
CATHOLIC SCHOOL

These meetings will be scheduled between 3.30pm and 5.15pm and will take place in the Sixth Form.

How and when to apply for LaSWAP?

We will be working with our own Year 11 students to guide them through their application in January. Each student will receive their own personalised log in and instructions at their individual progression meeting (w/b January 19th).
This is just the starting point for a conversation about post 16 study and does not have to represent final choices.
Please note that entry on to any of our courses cannot be confirmed until GCSE grades are known in August, as entry criteria for each pathway and each individual course must be met.

Further details about our pathways, courses, and entry criteria and the *LaSWAP Admissions Policy* can be found on the LaSWAP website.

LaSWAP Update

Year 13 UCAS

Most students have now completed their UCAS application, and we are excited to see that many have already been receiving offers from universities.
This is an exciting time for students and the staff who have been supporting them.
Our advice to all students at this point in the year is to wait before accepting any offers from universities until after the March Mocks.
There are two reasons for this:

1. March Mocks will give students a better indication of their final outcomes so they can make a more informed choice about their future.
2. We would like students to have conversations with the careers team to ensure they make decisions they have confidence in.

Once an offer has been made by a university, they cannot retract that offer until after the deadline for students to decide (usually May / June). There is no need to rush into accepting an offer.
For those students who have not yet received any responses, do not panic. Universities and even different departments within the same establishment may have different admissions processes. Decisions can be received quite late in some cases, and most universities are now closed for the Christmas period.
Students should regularly check their emails for correspondence from the universities that they have applied to. Some will ask for additional information and forms to be filled in to progress the application.
If you are unsure of any part of the application process, please contact a member of the sixth form team.

Year 12

Congratulations to the following students who have been nominated as The LaSWAP Directors 'Outstanding Ambassadors' following LaSWAP Open Evening last month.

- Eliza 12SKN
- Julia 12ADE
- Carly-Rose 12NTE
- Grace 12NTE
- Monique 12SKN

Atherton Award

It is with pride and pleasure that the Business Department announce – **Maria-Stella** as La Sainte Union's Winner of the Atherton Award for 2025.

The Atherton Award is a competition which recognises and encourages entrepreneurial spirit in young women, particularly encouraging the next generation of women into entrepreneurship and careers in STEM *(Science, Engineering, Technology and Maths)*.

Maria-Stella demonstrated entrepreneurial spirit and exemplary coding skills by **creating an innovative educational app that raises awareness about the environment and climate change.**

As the winner of this prestigious award, Maria-Stella will receive £500 towards training and development to further hone her skills in coding.

As a school and a community, we are very proud of Maria-Stella for her hard work, resilience and commitment towards becoming an entrepreneur thus far, whilst wishing her the very best in all her future endeavours.

PSHE Highlights from the Second Half of the Autumn Term

This half term has been a busy and enriching one for PSHE at La Sainte Union, with every year group taking part in lessons, workshops and experiences designed to support students' wellbeing, safety,

La Sainte Union
CATHOLIC SCHOOL

rights and preparation for life beyond school. Below is an overview of what has been happening across the school.

Year 7 – Compassion and Emotional Wellbeing (NHS Workshops)
Our Year 7 students have now completed the NHS compassion-based series of workshops delivered by Dr Claire Vaughan, Clinical Psychologist from the Mental Health Support Team in Schools (MHST) at The Tavistock and Portman NHS Foundation Trust, and her team.
Through interactive activities and discussion, students explored how to recognise and manage their emotions, show kindness to themselves and others, and develop healthy coping strategies for times of stress. This early work on emotional literacy and compassion lays a strong foundation for their mental health as they move through secondary school.

Year 8 – Menstrual Health with Period and Pause
Year 8 took part in a specialist session on menstrual health delivered by *Period and Pause*. The workshop aimed to break down stigma and myths around periods, provide accurate information about the menstrual cycle, and encourage students to feel confident discussing and managing menstrual health.

Years 9 & 10 – Relationship and Sex Education (RSE) with Brook: Online Content, Gender Stereotypes and Misogyny
Students in Years 9 and 10 took part in RSE sessions delivered by *Brook*:

- **Year 9 – Explicit online material**
  Year 9 students explored the risks and impact of explicit content online. The session helped them understand how such material can affect expectations and relationships, reinforced the importance of consent and respect, and signposted where to seek help if they encounter something worrying.
- **Year 10 – Gender stereotypes and misogyny**
  Year 10 students focused on how gender stereotypes, misogyny and harmful narratives can spread both online and offline. They discussed how these attitudes affect girls and women, how they can challenge sexist behaviour, and what it means to help build more respectful, equal relationships.

These sessions complemented our ongoing RSE curriculum by giving students a safe space to ask questions, think critically about the messages they see, and reflect on how they can contribute to a more respectful culture at school and beyond.

Important Dates

Friday 19th December – Last day of term, finish at 12pm

PHSE Topics

Year 7 - NHS compassion-based wellbeing programme

Year 8 - Fake news and echo chambers

Year 9 - Preventing cancer and heart disease

Year 10 - Media influence, radicalisation, and extremism

Year 11 - Gender norms and identities

Contact form for any PSHE related queries:
https://forms.office.com/e/GY4SBrwbNW

Latest editions of the LaSWAP newsletter can be found here: LaSWAP Sixth Form Consortium - Newsletters

La Sainte Union
CATHOLIC SCHOOL

Year 10 – Future Finances and Financial Scams

As part of preparing students for adult life, Year 10 also benefited from two sessions delivered by the *Personal Finance Society*:

- **Future finances and tax** – students learned about income, payslips, budgeting and how taxes work, helping them understand the basics of managing money.
- **Financial scams** – students explored common types of scams, how to spot warning signs, and practical steps they can take to protect themselves and their personal information.

These workshops supported our aim of ensuring students leave La Saint Union not only with strong academic outcomes but also with practical financial knowledge for everyday life.

Year 10 – Visit to UK Parliament

To celebrate UK Parliament Week, a group of Year 10 students visited the Houses of Parliament for a workshop and tour. They learned how laws are made, the roles of MPs and Lords, and why participation and voting matter in a democracy.

The visit helped bring classroom learning to life and encouraged students to see themselves as active citizens with a stake in how the country is run.

Year 11 – Identity, Mental Health and Gender Norms

In Year 11, PSHE lessons this half term have focused on identity, mental health and gender norms. Students reflected on the different aspects that make up who they are, how pressures from peers, culture and social media can affect wellbeing, and practical ways of looking after their mental health during a demanding GCSE year. They also explored gender norms and stereotypes, discussed how these can limit people or lead to discrimination, and considered how they can help create an inclusive, respectful school community, including knowing where to seek support for themselves or a friend.

UK Parliament Week and LSU participation at the House of Commons!

UK Parliament Week was also celebrated in school by our UNICEF Steering Group, who delivered presentations to all year groups on the importance of democracy and how it links to the UN Convention on the Rights of the Child. They focused in particular on how Parliament works and about how to contact MPs.

Building on this work, members of the UNICEF Steering Group then accompanied our PSHE Lead, Mr Barreto, to a special session in the House of Commons. The event, held in the Churchill Room and titled "Closing the Political Confidence Gap: A Proven Path to Empowering the Next Generation of Female Leaders", explored how schools and politicians can work together to ensure girls feel confident engaging in politics.

The event was hosted by Kirsty Blackman MP, on behalf of the All-Party Parliamentary Group (APPG) on Political and Media Literacy, the APPG on Women in Parliament, and the University of Roehampton. It brought together researchers, MPs and educators to discuss how to support girls' political confidence and participation.

Mr Barreto spoke to MPs about how G-EPIC (Gender Empowerment Through Politics In the Classroom) has been implemented at our school, and how the programme has provided structured opportunities

for students to discuss power, representation and their own voices. He also emphasised how this work connects to our wider school culture of rights, student voice and participation.

The real highlight, however, was seeing our students contribute directly to the discussion. The LSU students who attended spoke to MPs and guests about the impact of taking part in G-EPIC, what they had learned about politics and their rights, and how the programme had helped them feel more able to express their views. They did so with maturity, clarity and confidence, representing the school superbly. One of our students, Grace S, said "I really enjoyed it because I felt heard by a room full of adults, including MPs. I enjoyed meeting people individually afterwards as well, everyone was very nice and excited to talk to us, and I was excited to talk to them as well".

For our students, sitting in the House of Commons and sharing their reflections in the same room as national decision-makers was a powerful reminder that politics is not "for other people" – it is about their lives, their communities and their futures. For us as a school, it reinforced the importance of PSHE as a space where girls can talk openly about power, rights and representation, and where their voices are genuinely heard.

We are very proud of how our students have engaged with these opportunities. PSHE at La Sainte Union continues to be a key part of our commitment to supporting students' wellbeing, safeguarding and personal development, and we look forward to building on this work in the next term.

Report card for La Sainte Union can be accessed here:

https://camden.schoolreport.org.uk/school/index.html?schoolId=2025401

La Sainte Union
CATHOLIC SCHOOL