La Sainte Union Catholic School

Family Bulletin

10th February 2025

Dear Parents and Carers,

February half term is fast approaching! At La Sainte Union, our wrap around care offer includes our Opportunity Centre, where our students have access to high quality enrichment and study support after school and during holidays on site.

The February Half Term offer for our Opportunity Centre includes a whole range of FREE half-term activities, in the following areas: basketball, football, volleyball, fencing, martial arts, cooking, crochet and fashion design.

We have dedicated experts running these sessions. However, spaces are limited and will be allocated on a first come, first served basis. To sign up for the activities, please click on this link to reserve your child's place: https://forms.office.com/e/b2K5wD7zfF?origin=lprLink

Best wishes,

Mrs Fegan

Headteacher

Important Dates:

Monday 17th February- Friday 21st February- Half Term

Monday 24th February – Y11 mocks begin

Thursday 27th February- Y12 Parents Evening

Friday 14th March- Year 9 Td/IPV and Meningitis ACWY Vaccinations

PHSE Topics

Year 7 - Introduction to First Aid

Year 8 - Recognising and dealing with emotions

Year 9 - Camden Choices Programme

Year 10 - First Give Programme

Year 11 - Sexual health and STIs

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

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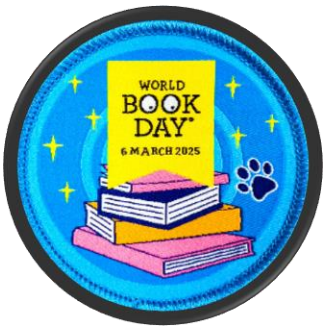
WORLD BOOK DAY 2025 - Attention All Students!

World Book Day 2025 is coming to LSU on Thursday 6th March! Below you can find information about the fun activities and prizes that will be on offer during the day.



We are excited to announce that **students are again invited to come dressed as a favourite character from a book, play or other work of literature!** If you want to take part, you'll need to bring £1 into your form tutor on the day. This money will go towards:

- New books for the library (50%)
- A first (35%), second (10%) and third (5%) place prize for best costume in your year group.

Therefore, if everyone in the year takes part, you could win a very valuable prize! Note: we are aware there are still prizes to hand out from last year – these will be announced in the run up to this year's event! **TREASURE HUNT**

Most (if not all!) teachers will have the name of one of their favourite fictional items (e.g. Hermione's wand) on their badge. At break and lunchtime, try to find as many as you can and make a note of the item they have. Keep these details safe because there will be a quiz to take on a brand new World Book Day 2025 Teams page after school where the student with the most answers will win a special prize!

- **GREAT BOOKISH BAKEOFF**

Get your flour and apron ready – the Library will be hosting a competition for the best cake based on a work of literature, whatever it may be - from Gruffalo cupcakes to Oliver Twist "Please Sir I Want More Cake" cakes. A valuable voucher is promised to the winner! Please bring your creations to the Library– the judging will take place during lunchtime in the Library – winner to be announced at the end of the day!

- **THE MASKED READER IS BACK!**

Some of LSU's coolest teachers will be reading passages from Boxer's favourite book in disguise – listen closely and try to guess who it is before the big reveal at the end of the day!

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We hope you really get into the spirit of the day and that it inspires you to read even more! Be on the lookout for a certain literary horse who might just make one more reappearance before he is sent off to pasture!

PS: World Book Day Tokens.

Each year on World Book Day every student can collect a £1 book token to spend in a book shop. There are books specifically published for WBD that you can exchange for your token, or you can put the token towards any other book. Come to the Library after school with your phone and scan the QR code to get your token.

- Click here to check to see the WBD books for 2025: https://www.worldbookday.com/books-and-tokens/books/
- To find your nearest bookshop click here: Participating retailers - World Book Day

Opportunity Centre

La Sainte Union is delighted to offer a whole range of FREE half-term activities, in the following areas:

Basketball, football, volleyball, fencing, martial arts, cooking, crochet and fashion design.

We have dedicated experts running these sessions. However, spaces are limited and will be allocated on a first come, first served basis. To sign up for the activities, please click on this link to reserve your child's place: https://forms.office.com/e/b2K5wD7zfF?origin=lprLink

Children's Mental Health Week

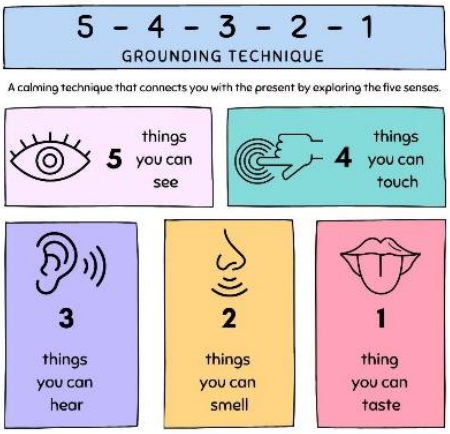
This week for Children's Mental Health week, our students were involved in a range of activities across form-time, lunchtime and after school. We used Place2Be's theme of Know Yourself, Grow Yourself, and worked on the 5 ways to wellbeing: Learn, Connect, Notice, Be Active, and Give.

Our Year 7s have **learnt** the poem Remarkably You, by Pat Zietlow Miller, an inspiring message that encourages people to embrace their individuality and celebrate what makes them unique.

We **connected** watching Inside Out 2, which took us on a journey into the emotions and feelings that come with the changes and challenges of growing up. After watching Inside Out 2, Kosy in Year 7

wrote **"we shouldn't always bottle up our emotions and keep things to ourselves. We need to talk if we have something we're worried about. We should also help others."**

We took a moment to **notice** our surroundings and be present in the moment, feeling our feelings. Using the 54321 grounding technique can help to bring you back to the present moment.



We were **active** during lunch time playing Just Dance, where students across Year 7 – Year 11 took part in having a boogie. It is hard to not smile when you are dancing to Waka Waka (This Time For Africa) by Shakira!

We have also been working on a video to share with you all, and with primary school students who feel worried about the transition to secondary school. Look out for how we are **giving** in a future edition of the family bulletin!

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Year 9 Mass-St. Paul Mihi

Fr. Nicholas Crowe OP, Prior Provincial of England celebrated Mass with Year 9 on Thursday morning. It was the memorial of St. Paul Mihi. St. Paul was one of the Japanese martyrs of the 16th Century. He was crucified in Nagasaki by the Shogunate officials for not renouncing his Faith. In his homily Fr. Nicholas asked the students to consider who could they never betray in their lives? He asked them to consider the example of St. Paul Mihi, who despite being offered an easy way out of torture and death, refused to betray Christ. Fr. Nicholas pointed out that Jesus himself was betrayed before his death but through this sacrifice we can be assured that God would never betray us.

Calling film enthusiasts in Year 7 and 8

We have a very exciting film-making opportunity coming up for **pupils in Years 7 and 8.**

There are **20** spaces available

What's the plan?

You will make short documentaries which will be screened at a special event.

When will the sessions take place? Wednesdays!

26th February, 5th March, 19th March, 26th March, 2nd April, 23rd April, 7th May

Times:

3.20-4.50pm at La Sainte Union, Hallion building

Requirements:

Enthusiasm and attendance at all sessions

How to reserve a space:

Email sokeefe@lsu.camden.sch.uk and write film-making in the subject. Say your name and form and that you'd like to be part of the project.

More details:

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Unlock creativity and discover the art of nonfiction storytelling through this eight-session after-school course designed for Year 7 and Year 8 girls. Using smartphones and editing tools students are already comfortable with, participants will explore how documentaries can tell authentic, creative stories while building filmmaking skills in a supportive environment.

In the first two weeks, students will be introduced to a number of creative documentaries, learning about storytelling techniques, visual composition, sound design and use of archive. Through fun, practical exercises, they'll gain hands-on experience with filming and begin developing their creative voice.

Weeks three and four will see students working in pairs on their first project: a one-minute film responding to the brief Be Real.

The final four weeks will focus on a second, more ambitious pair project. Students will collaborate to produce a three-minute documentary inspired by a theme or story from their own lives. They'll continue to learn techniques for filming, use of archive, desktop storytelling and interviewing as they work together to develop and refine their ideas. They will continually show drafts of their film for peer and tutor feedback.

By the end of the eight sessions, students will have a portfolio of two creative documentaries and a deeper understanding of how to tell impactful stories about real life. This course is perfect for young storytellers who want to explore their creativity, develop new skills, and discover the exciting possibilities of documentary filmmaking.

About the tutor:

Carol Nahra is a documentary journalist, programmer, and lecturer based in London. Carol Nahra is an Associate Lecturer on MA Documentary Film at London College of Communication, a Teaching Fellow in documentary at Royal Holloway University and an adjunct professor teaching documentary and digital media for Syracuse University, London. She has volunteered for several years with Muswell Hill Primary School providing input for their year 6 documentary project where teams of students make activism films.

National Apprenticeship Week 2025

At La Sainte Union and LaSWAP we are celebrating National Apprenticeship Week, which takes place this year from 10th – 16th February!

National Apprenticeship Week (NAW) is an annual week-long celebration of apprenticeships, which aims to shine a light on the amazing work being undertaken by apprentices, employers and training providers across England.

It is also a fantastic opportunity to inspire students to consider apprenticeships as a future option and to share information about apprenticeships and technical education.

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If you would like to find out more about apprenticeships, visit Amazing Apprenticeships' Parent and Carer zone: amazingapprenticeships.com/zones/parent/ and also sign up to receive the monthly magazine Choices, the ultimate parent and carer guide to apprenticeships and technical education: amapps.uk/choices

We will be hosting our own events during the week, which will include form time activities, year group presentations and interactive lunchtime workshops.

For more information about national events happening during the week, please visit: naw.appawards.co.uk/events/map

You can also keep up to date with the latest National Apprenticeship Week news by following social media channels:

@AmazingAppsUK on Instagram and X, Amazing Apprenticeships on Facebook and LinkedIn

@Apprenticeships on X and Apprenticeships Gov on LinkedIn and we will be sharing our events on our social media feed too.

Thank you for your support, Ms H. Boyd

Community News

Remix Dance Class Age 11 – 16 at the Old Diorama Arts Centre (Somers Town). This is a wonderful, modern community venue – check it out!

Hip-Hop Dance with Boogie
Wednesday 6-7pm

Street Dance with Mia
Thursday 6-7pm

Lessons are fully funded (free for students).
REMIX DANCE — OLD DIORAMA ARTS CENTRE

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