La Sainte Union Catholic School

Family Bulletin

14th October 2025

Dear Parents and Carers,

In this edition of the **Family Bulletin**, discover all the exciting workshops and activities taking place in our **Opportunity Centre** over the half term!

Students can sign up for **filmmaking**, **Manga drawing**, **jewellery making**, and **Halloween crafts**, as well as enjoy **trampolining** and **multi-sports sessions**.

The **Study Centre** will also be open for students who wish to revise independently, work in small groups, or complete coursework.

Students must **register for all activities using the link on page 2**. For more information, they can also speak to **Mr Sukumaran**.

Those attending for the full day will receive a **free lunch**. Spaces are limited, so make sure to **sign up soon!**

On **Friday 17th October**, we'll be supporting **CoppaFeel!**, a breast cancer awareness charity. Students are invited to take part in a **non-uniform day** and are encouraged to **wear pink**. We ask for a **minimum donation of £1** to support this important cause. For more information CoppaFeel! | Check Your Chest | Breast Cancer Awareness Charity

Finally a huge thank you again to all our wonderful students for supporting our open mornings this week, it was wonderful to see them stepping up to represent our school, and we are extremely proud of them.

Best wishes,

Miss Ridge

Bright Women with Bold Futures.

Follow us

& stay up to date with the latest news and community events.

Facebook.com/LaSainteUnion
Instagram: @la_sainte_union

Important Dates

Year 7 Concert- 23rd October

Half Term: Monday 27th October – Friday 31sr October

PHSE Topics

Year 7 - NHS Compassion-based wellbeing programme

Year 8 - Black History Month

Year 9 - Brook RSE workshops + Project Guardian (addressing sexual harassment in public transport)

Year 10 - Brook RSE workshops

Year 11 - Black History Month

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

Latest editions of the LaSWAP newsletter can be found here:

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Opportunity Centre October Half Term 2025 Activities & Study Centre

We are offering free activities every day during October Half Term **Monday 27th October to Friday 31st October 2025**

Sports, Creative activities & Study Centre

Morning sessions 10am – 12pm

Afternoon sessions 1pm– 3pm

Places are limited for each session so early sign up is advised. **Free Lunch will be provided to any student staying all day.**

You will need to wear clothing suitable for the sports activity (not jeans etc) and trainers

You must register for all activities by using this link:
https://forms.office.com/e/ef0Lbs5DT4?origin=lprLink
Please direct enquiries to Mr Suresh Sukumaran ssukumaran@lsu.camden.sch.uk

Film Making Club:

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Manga Drawing

Jewellery Workshops

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Halloween Craft Workshops

We are also running a Trampolining activity on
Monday 27th October - 10am to 3pm
Wednesday 29th October – 10am to 3pm
Friday 25th October – 10am to 3pm
There are 15 places each day early sign up is advisable

We are running Football, Basketball and Volleyball sessions
Tuesday 28th October – 10am -3pm
Thursday 30th October – 10am – 3pm
There are 20 places each day early sign up is advisable

The Study Centre is open 9:30am – 3pm every day throughout October Half Term
Come in to revise independently or in small groups or complete work/coursework
There will be access to IT and the study room will be supervised by a member of staff every day. Maths & English support staff available.

Lunch provided free of charge for everyone attending a full day at the Opportunity Centre

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Free School Meals and Lunch Acounts

If your child is eligible for **Free School Meals**, she should use this entitlement to purchase her **lunch** each day.

Please note that **snacks at break time** are not included in the Free School Meals allowance. If your child buys a snack but has no credit in her ParentPay account, this may use up her lunch allowance. To ensure she can enjoy both a snack and lunch, please **top up her ParentPay account** if needed.
If you believe your child may be eligible for Free School Meals but have not yet applied, you can do so Free school meals - Camden Council

If Camden Council has confirmed your eligibility but this has not yet been updated on our school system, please **forward the confirmation email** from Camden to *general@lsu.camden.sch.uk* so that we can follow this up.

Spotting Signs of Poor Mental Health in Your Child

Our young people are all going through a whirlwind of change through their teenage years, emotionally, socially and physically. While mood swings are normal, it's important for parents to recognise when something deeper might be going on.

Common signs to look out for:

- **Withdrawal**: spending more time alone, avoiding friends or family
- **Changes in mood**: persistent sadness, irritability, anger or emotional numbness
- **Loss of interest**: no longer enjoying hobbies or activities they used to love
- **Sleep or appetite changes**: sleeping too much or too little, eating far more or far less than usual
- **Decline in school performance**: difficulty concentrating or loss of motivation
- **Physical complaints**: frequent headaches, stomach aches or fatigue without a clear cause
- **Talking about hopelessness or self-harm**: any mention of feeling worthless or wanting to disappear should always be taken seriously

How you can help as a parent/carer:

- **Listen without judgement**: give them space to talk and show you're there to support, not lecture. Be open-minded, patient and comforting.
- **Keep communication open**: regular, calm check-ins make it easier for them to share when somethings wrong. See the attached document for some ideas on how to start the conversation – Conversation Starters.
- **Model self-care**: To look after others, you need to look after yourself. Taking time for emotional and physical care gives you the energy, resilience and compassion to care for your young person, helping those around you cope better too. Young people notice how adults handle stress. Showing healthy coping helps them learn.
- Some young people find it hard to open up. You might know that something's bothering them but keep hearing "I'm fine". If your child is finding talking tough, try some other forms of communication, like:
    - Texting or writing to each other
    - Using codewords or emojis
    - Making cards to help them ask for what they need

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- YoungMinds are a great organisation that support young people and their families. How to Talk to Your Child about Mental Health

Reach out for support: If you're worried, talk to your GP or a helpline like YoungMinds (poster below). **You can also contact your child's Head of Year and/or the Student Wellbeing Manager, Besa Sejdiu, on bsejdiu@lsu.camden.sch.uk if you have any questions or concerns.**

parents-helpline-poster.pdf

Term Dates 2026 -2027

Autumn Term

Tuesday 1st September – **INSET**
Wednesday 2nd September – **INSET**

Thursday 3rd September -**Year 7 Pupils return/ Academic Review Day (Y8-11 by appointment with parents)**

Monday 26th October- Friday 30th October- **Half Term**

Monday 2nd November – **Pupils Return**

Friday 27th November - **INSET**

Friday 18th December – **Last day of term**

Spring Term

Monday 4th January – **INSET TBC**

Tuesday 5th January – **Pupils return**

Monday 15th February- Friday 19th February – **Half Term**

Monday 22nd February- **Pupils return**

Friday 27th March – **Last day of term**

Summer Term

Monday 13th April – **Pupils return**

Monday 4th May- **Bank Holiday**

Monday 25th May- Friday 29th May **– Half Term**

Monday 1st June - **Pupils return**

Friday 17th July – **Last day of term**

Monday 20th July **- INSET**

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Report card for La Sainte Union can be accessed here:

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

Alternatively, you can scan this QR code with your phone's camera:

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