# La Sainte Union Catholic School

## Family Bulletin

**23rd May 2025**




Dear Parents and Carers,

As we move towards the end of a busy half term, I am continually inspired by the energy, curiosity and compassion our students show in every aspect of school life. This newsletter offers a glimpse into just some of the rich experiences that have taken place recently—from the reflective calm of the Year 7 retreat at the Rosary Shrine, to the thoughtful conversations around wellbeing in Year 8's PSHE workshop.

I'm also pleased to share details of our upcoming *Opportunity Centre* activities, running over the May half term for students in Years 7 to 10. With creative workshops, sports, and a dedicated Study Centre, these sessions provide a great balance of fun, focus and support.

For our older students, key milestones are fast approaching. Year 11 families will find important information about GCSE Results Day and Sixth Form enrolment. For Year 12, we begin our focus on student finance and UCAS preparation—essential steps as they begin to plan for life beyond La Sainte Union.

You'll also find details of events taking place across the borough this week—great opportunities to get involved in our wider community.

As ever, thank you for your continued support. I hope you and your families enjoy a restful and joyful half term break when it arrives.

With warm wishes,

Mrs Fegan

Headteacher

***Bright Women with Bold Futures.***

**PHSE Topics**

**Year 7 - Compassion-based wellbeing programme**

**Year 8 - Careers 2**

**Year 9 - Privacy and consent**

**Year 10 - First Give Programme**

**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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## Year 7 Retreat- The Rosary Shrine-St. Dominics

Last week, our Year 7 students took part in a reflective and inspiring retreat at the Diocesan Rosary Shrine in Haverstock Hill. The day began with a special Mass celebrated by Fr. Joseph, the Parish Priest, who shared a thoughtful reflection on the message of Our Lady in the Rosary. He encouraged students to follow Mary's example of faith and to take time to reflect on the unique purpose God has for each of their lives.

Following the Mass, students were given a guided tour of the Shrine. A highlight of the visit was the opportunity to pray a decade of the Rosary in each of the beautifully dedicated chapels, each one representing a different Mystery of the Rosary. It was a moving and memorable day that deepened the students' understanding of prayer and purpose.

## Year 8 PSHE: Periods, Wellbeing and Self-Care

As part of their PSHE curriculum, Year 8 students recently took part in a thoughtful and empowering workshop delivered by the charity *Period and Pause*. The session focused on understanding the

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menstrual cycle and its impact on emotional and physical wellbeing, while also exploring practical self-care strategies.

Students discussed how hormonal changes can affect mood and energy levels, and learned how mindfulness, movement, and balanced nutrition can support overall health. The workshop created a safe and supportive space, helping to normalise open conversations around periods and wellbeing—an important step in building confidence, understanding, and empathy.

## Exciting information for our Year 11 students

We really hope your GCSE exams are going well.

We would like to remind you of some key dates and outline how the LaSWAP enrolment process will work for our internal students.

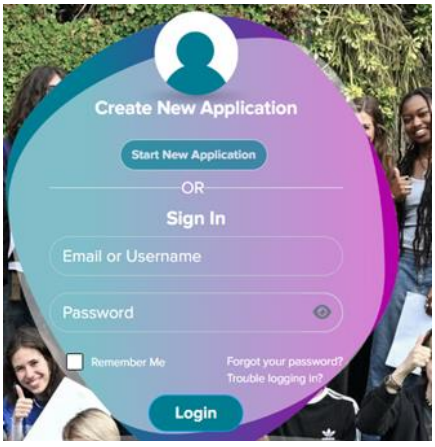
Firstly, we are delighted to invite all our Year 11 students to the LaSWAP Taster Day on **Friday 27th June at LSU**.

You will need to register to attend this event, and an invitation will be sent to your school e-mail address after half term…. so, keep checking!
Taster Day is a fantastic event that is hosted by LSU for LaSWAP; we are expecting around 1200 students to attend throughout the day. Students will have the opportunity to meet staff, ask questions about the subjects they are interested in and attend taster lessons. More details will follow nearer the time.

We have included a link to a video where students can find out more about what it is like to be a LaSWAP student. https://youtu.be/4GUM89yeypQ

**LaSWAP Online Applications:** If you have not yet completed the online application for LaSWAP, you will receive a separate e-mail to your school e-mail address; this will have the log in details and instructions. If you do not receive this, please contact rfield@lsu.camden.sch.uk
Students need to complete the online application using the link https://laswap.applicaa.com/year12
When following this link, it may say 'online applications closed'; please note this is only to **external applicants** so just click 'ok'!
**You do not need to create a new application**, just do the following:

1. Enter your school e-mail address under the 'sign in' button
2. Click on Forgot your password

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**Ms Boyd will be available on Tuesday lunchtime if anyone needs any support with this – she will be in H112 between 12.15 and 1pm**

**GCSE Results Day and LaSWAP enrolment Thursday August 21st – more details will follow (after half term)**

On this day, once you have picked up your results, you simply need to enrol with one of the Sixth Form staff who will be stationed in the Library. You will be sent a timeslot for enrolment, but feel free to come at any time until 1pm.

LaSWAP enrolment will take place between 9am and 1pm on Thursday August 21st in the Library.

**A reminder about LaSWAP Entry Requirements:**

For the A level pathway students need to achieve at **least 4 grades 6s** in their GCSE and have an average point score of **5.0**. Regardless of what they want to study, all students will *also* need to meet the entry requirements for the specific courses that are found on our website:

**Level 3 A level pathway** = https://www.laswap.camden.sch.uk/docs/A_level_entry_reqs_2025.pdf
**Level 2 and 3 Technical and Vocational pathway**
= https://www.laswap.camden.sch.uk/docs/Voc_entry_reqs_2025.pdf

Entry requirements are in place to ensure that students have the learning foundations to be successful in their chosen post 16 programme of study. It is also essential to remember that nationally, students who do not achieve a 4 in English Language or Maths will have to study these subjects at GCSE level in the sixth form.

Parents / Carers are welcome to join the enrolment discussion, but this is not a requirement. This is an opportunity to discuss with a member of senior staff the final combination of subjects that students will study in the sixth form. It is also a fantastic opportunity to celebrate the achievements of the students.

We very much look forward to continuing our work with students as they enter the next stage of their learning with us at Key Stage 5.

**Best wishes,**

**Ms Field (Director of Sixth Form)**
**Ms Boyd (Deputy Director of Sixth Form)**

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# LaSWAP

**Key Stage 5 update and fabulous opportunities**

**Student Finance Deadline: Friday 16 May**

If your child intends to go to university in 2025, they should apply for Student Finance as soon as possible. All Y13s and parents/carers have been contacted via email.
Student Finance does not close for applications, but meeting the deadline is the best way to ensure your child will have their loan in time for their course starting. **If you have missed the deadline, please apply as soon as possible.**
Your child does not need to have accepted their Firm & Insurance choice to apply – they can apply using information from any course they have applied for & change the information quickly & easily at a later date.
**The deadline for students to accept their Firm & Insurance Choice is Thus 5th June**. This is a very important deadline which they MUST meet. More on this next week!
Apply for Student Finance here: https://www.gov.uk/apply-online-for-student-finance

**Year 12: Highgate Chrysalis Summer School, 21-27 August**

All students applying for competitive courses & unis should apply for at least one summer school to demonstrate their super curricular commitment. Highgate Chrysalis is local for many students & has an excellent programme of academic workshops, personal statement support & more.
The summer school is **completely free** & includes breakfast, lunch & refreshments.
Applicants must be studying A levels & be aiming to apply for competitive courses or universities (e.g. Oxbridge & Russell Group, medicine, dentistry, law, MORSE). There is no specific entry criteria.
If students are interested in attending, please **email Ms Field rfield@lsu.camden.sch.uk and Ms Pearcey**: lpearcey@aclandburghley.camden.sch.uk **by 22nd MAY**. **Places are very limited & you MUST be recommended by your school to attend.**
**London AI Campus quiet study space**

The London AI campus is open for students to use for private, supported study every Tuesday & Thursday, 4 – 6pm.
The campus provides a calm & focused environment for study alongside cutting-edge tech, expert guidance and a supportive community. More info & sign up to attend here:
https://camdenlearning.org.uk/partners-projects/london-ai-campus-after-school-sessions/

**Apprenticeship opportunities:**
**PR & Marketing apprenticeship with Aspectus Academy, deadline Tues 6 May:** this 2 year apprenticeship build skills in digital marketing, media, business & writing & earn a qualification from the Charted Institute of Marketing. No minimum grades to apply! More info & apply:
https://www.aspectusgroup.com/news/the-aspectus-academy-applications/
**Work Experience Opportunities:**

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**Discover Finance rotational work experience, 30th June & 1st July: Discover Finance** will broaden student's understanding of the financial services sector, helping them to identify which areas interest them, whilst developing skills and networks with 2 top employers; Phoenix & Aon. Students will undertake group workplace projects and receive feedback on them. They will also have access to mentoring with employees post programme and support to apply for early careers roles/apprenticeships. Eligibility criteria apply. Apply here: https://shorturl.at/IGGmX

**Francis Crick work experience - Biological Research Facility, 21st & 28th July:** This is a unique chance for students interested in **animal research, veterinary science, or biology** to gain hands-on experience in a cutting-edge research environment. The Crick are looking for students passionate about animal care who are comfortable working in a research facility with animals. This could also be a stepping stone for students interested in pursuing roles in this field in the future. Full details & how to apply **HERE**

**Other opportunities for sixth form students**

Please see this fortnight's LaSWAP Newsletter for even more opportunities. Newsletters are emailed to families or can be found at https://www.laswap.camden.sch.uk/Parents/Newsletters/ **Please check your Spam and mark all emails from LaSWAP, La Sainte Union or Bromcom as Safe/Priority!**

**Store Schools art workshops, STORE Camden, May – July:** FREE after school clubs available in modular design, working with glass & designing functional public artworks with waste plastics & metals. These workshops are ideal for students interested in studying art, design, engineering & architecture. More info here: https://storeprojects.org/category/after-school-club/

**Creative Dimension Furniture Making workshop, New School of Furniture Making E8, 4th – 8th August:** During this workshop, students will be taught how to create a Japanese bench which will involve, traditional joinery techniques such as cutting half lapping and trough mortice and tenon joints with a chisel as well as using a biscuit joiner. This is a great workshop for anyone who is interested in learning some of the skills required for careers in: **Architecture, Engineering, Fine Art, Art Conservation** and **Product Design. All workshops are totally FREE with all materials provided. Apply here:** https://www.thecreativedimension.org/workshop/summer-2025-furniture-making/summer-2025-furniture-making/

**Gresham College Lectures:** Gresham's lectures are the perfect super curricular prep for uni! New this month:

- The Troubled Brain: aging & dementia
- Modern Pagan Witchcraft
- Oil, Decolonisation & Climate Emergency
- The Moral Case for Stealing Data

& lots more! All lectures are available online: https://www.gresham.ac.uk/

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## Free Girls Get Moving session at Talacre

*Girls Get Moving* is a fantastic opportunity for girls aged 8 to 14 to get active, build confidence, and most importantly—have fun! The programme offers a safe and supportive environment where girls can socialise, develop new skills, and enjoy a wide range of activities, including trampolining, football, mini-tennis, table tennis, badminton, and fun games.

It's all about moving more, trying something new, and enjoying time together in a positive and energetic space.

It's free and is taking place at Talacre Community Sports Centre, Dalby Street, NW5 3AF during half-term week on **Thursday 29 May, from 4pm to 6pm**. Register for a place or, for more details, please email jenny.mungroo@camden.gov.uk.

## Opportunity Centre

**May 2025 Half Term 2025 Activities for Years 7 to 10 and Study Centre.**

Sports & Creative activities
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

### Multi Sports – 20 spaces

Football, Basketball and Volleyball sessions
**Wednesday 28th May – 10am – 3pm**
**Friday 30th May – 10am – 3pm**

### Trampolining -12 spaces

**Tuesday 27th May**
**Thursday 29th May**
**10am – 3pm**

### Cooking – 15 spaces

**Tuesday 27th May**
**Wednesday 28th May**
**Thursday 29th May**
**10am – 3pm**

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## Vinyl T-Shirt Printing 2-day Workshop with Alice French – 15 spaces

Get Creative! Learn to vinyl print awesome designs on t-shirt! This is a 2 day course, T-shirt included.

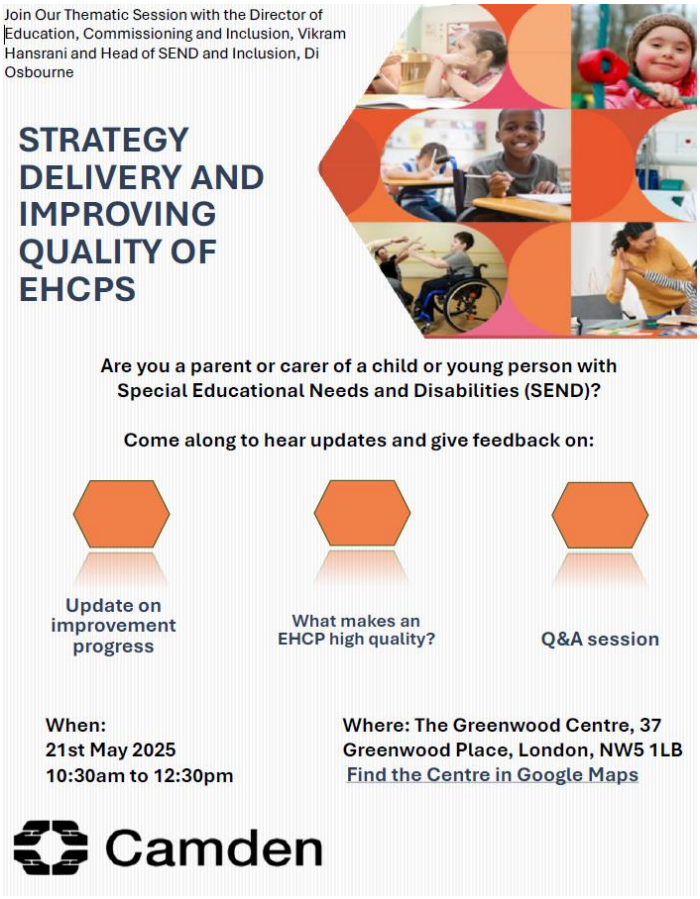
**Tuesday 27th May and Wednesday 28th May**
**OR**
**Thursday 29th May and Friday 30th May**

**The Study Centre** is open 9:30am – 3pm every day throughout Easter holidays
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

You must register for all activities by using this link:
https://forms.office.com/e/HqcgMsVZ4K?origin=lprLink

Please direct enquiries to Mr Suresh Sukumaran ssukumaran@lsu.camden.sch.uk

## Camden SEND support

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Camden and Islington
Speech & Language Therapy Services for Young People

NHS
Whittington Health
NHS Trust

# Communication Skills for School Leavers

**Who?**
This is a free course for young people in Camden and Islington who are transitioning from year 11 or 13 on to further education, or who are preparing to start their first job. The course is suitable for students who:

- Are identified to need additional support e.g., as they have learning needs, speech and language difficulties, autism diagnosis or other communication difficulties.
- Are anxious about leaving school and moving on.
- May struggle with change, meeting new people, organisation and/ or communication skills.

**When?**
The course will be over two days after the final year 11 exams have finished. You must commit to attend both days.

- Tuesday and Wednesday, 22nd-23rd July 2025
- 10.00am to 2:00pm

**Where?**
Westminster Kingsway College, Kings Cross Campus, 211 Grays Inn Rd, WC1X 8RA

**What?**
The group will be filled with interactive activities, group discussions and opportunities to practise new skills for your future after secondary school. You will be supported to explore and learn skills in a range of areas including:

- Conversation skills for meeting new people
- Active Listening
- Organisational skills
- Group working skills
- Problem solving for any worries... and more!

The course will be run by Speech and Language Therapists who will help you to make sure that you get the most out of the group. The group will be a great opportunity to meet students from other schools who are also moving on from secondary school.

**How to sign up?**
To sign your son/ daughter up for this course, please provide us with their name, current school and your contact details by 1st July 2025 via the following contact details:

Email: whh-tr.camsltcsyp@nhs.net  Telephone: 020 3316 1080

Someone will contact you nearer the time to discuss further details and to confirm your place.

Whittington Health NHS Trust

Chair: Baroness Julia Neuberger  Acting Chief Executive: Dr Clare Dollery

UCLPartners
Academic Health Science Partnership

Helping local people live longer healthier lives

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CAMDEN
Special Parents Forum

# SUMMER TERM Calendar 2025

Welcome to our SUMMER Term Calendar of events, workshops and meetings for any parent, carer in Camden with a child or young person (0- 25 years) with special needs.
Whether you are seeking guidance, looking to share your experiences or simply hoping to connect with other parents or carers, our calendar has something for everyone. Please join us!

**Coffee Mornings** are a chance to meet other parents for a chat & to share advice and info.
**Walk and Talks** are relaxed walks on Hampstead Heath and a chance to get together with other parents, have a cup of coffee along the way and just talk about anything and everything.
**Workshops** are held each term on different subjects.
**Forum Meetings** are when we get together as parents with different professionals from services in and around Camden – ask questions, get updates and give feedback.

*You will need to book in to get Zoom links & join our sessions.* To book anything on our calendar below, get on our mailing list or to find out more please get in touch:
Natasha.Burgess@kids.org.uk. Text or call Natasha on 07711 767 258 Or contact
Aishatu.Mohammed@kids.org.uk Text or Call Aisha 07385 003 662
We are on facebook – www.facebook.com/CamdenSpecialParentsForum and Twitter @CamdenSPForum

## May

| | |
|---|---|
| 6 Tue | External event Bengali Marketplace place event 10am-2pm @Crowndale Centre,218 Eversholt street, NW1 1BD |
| 12 Mon | Forum meeting, 10:30am-12:30pm @ Greenwood Centre, 37 Greenwood Place, Kentish Town. |
| 13 Tue | Managing behaviours of concern (Camden Carers)- In person training 9:30-4pm, Hampstead. Booking required. |
| 14 Wed | Coffee Morning, 10:30-11:30 @ Kilburn Grange Children's Centre & Family Hub, 1 Palmerston Road, NW6 2JL. |
| 19 Mon | Walk and Talk, 10:15am-12:30pm @ Hampstead Heath |
| 21 Wed | Camden Themed meeting, 10:30am-12pm @ Greenwood Centre, 37 Greenwood Place, Kentish Town. |

## June

| | |
|---|---|
| 3 Tue | Intro to SEND Workshop, SENDIASS @ Greenwood Centre, 37 Greenwood Place, Kentish Town. |
| 4 Wed | Coffee Morning, 10.30am-11.30am @ Greenwood Centre, Kentish Town. |
| 9 Mon | Forum meeting, 10:30am-12pm @Greenwood Centre, 37 Greenwood Place, Kentish Town. |
| 16 Mon | Walk and Talk, 10:15am-12:30pm @ Hampstead Heath. |
| 24 Tue | Movement, Rest and Relaxation, 12pm-2pm @ Kentish Town Congregational Church, Kelly Street, NW1 8PH |
| 25 Wed | Total communications workshop, 10am-12pm Online via Zoom- register for link |

## July

| | |
|---|---|
| 2 Wed | Camden Themed Meeting, 10.30am-12pm @ Greenwood Centre, 37 Greenwood Place Kentish Town. |
| 7 Mon | Walk and Talk, 10.15am-12.30pm, @ Hampstead Heath. |
| 7 Mon | CAMHS understanding & managing behaviour all ages, 11:45-1pm Online via Zoom- register for link. |
| 9 Tue | Forum Summer Lunch, 12pm-2pm @ Greenwood Centre, 37 Greenwood Place Kentish Town. |

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# Half Term Football Sessions

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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