La Sainte Union Catholic School

Family Bulletin

3rd February 2025

Dear Parents and Carers,

This week, we are marking **Children's Mental Health Week**, with the theme *Know Yourself, Grow Yourself*. Supporting our students' wellbeing is at the heart of everything we do, and this week serves as an important reminder that understanding ourselves—our emotions, strengths, and challenges—helps us navigate life's ups and downs with confidence.

Throughout the week, students will have the opportunity to take part in a range of activities during form-time, lunchtime, and after school, all based on the **Five Ways to Wellbeing**: **Connect, Give, Learn, Be Active, and Notice**. These small but meaningful actions can have a powerful impact on mental health and resilience.

You will see more information about this in this newsletter, as well as information about online safety and details about the PSHE programme (Personal Social and Health Education) which is a key element of our student wellbeing and development curriculum.

Best wishes,

Mrs Fegan

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:

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Online Safety: Extreme Online Violence

The online challenges and risks faced by children and young people are well-documented, and it is of paramount importance that we maintain a current understanding of how these are evolving and how we can support them in managing risk and understanding what they see. The findings from the Southport murder case highlight the availability of extreme violent content online, and the attached article from The Guardian supports professionals and parents/carers in understanding how we can engage with our children and young people to address this issue. It also contains links to other helpful resources.
https://www.theguardian.com/society/2025/jan/24/talking-about-extreme-online-violence-with-young-people-advice-for-parents

Our PSHE and Computer Science curriculum are designed to cover online safety and the various risks. To support this, we urge parents and carers to keep such conversations live at home, and to develop a curiosity regarding online safety and the apps and websites being used. The online world is developing at rapid pace presenting a challenge for all of us when trying to keep up hence the reason why open dialogue with our children and young people is so important.

If you have concerns about what your child is viewing and would like to explore this further, please do not hesitate to contact our safeguarding team by emailing safeguarding@lsu.camden.sch.uk.

Year 10 Geographers Help Shape the Future of Camden

Last week, our Year 10 Geography students took part in an exciting workshop led by a local artist from Iceni, contributing their ideas to the development of the new Camden Film Quarter in Kentish Town. During the session, students were challenged to design their ideal high street, providing valuable insights into what young people want and need in their local area. This creative and thought-provoking exercise not only encouraged them to reflect on urban development but also allowed them to have a voice in shaping their community.

One student shared, *"I really enjoyed the workshop as it allowed me to reflect on my local area, and it was nice to be given the chance to be creative."*
A huge well done to all our Year 10 Geographers for their thoughtful contributions—we look forward to seeing how their ideas influence this exciting new project!

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Children's Mental Health Week

KNOW YOURSELF, GROW YOURSELF

Place2Be's CHILDREN'S MENTAL HEALTH WEEK 3-9 FEB 2025

This week is Children's Mental Health week and the theme is **Know Yourself, Grow Yourself.** The more we can understand about ourselves, the more prepared we are to express our emotions and take on life's ups and downs.

We will be running various activities throughout the week during form-time, lunchtime and after school, based on the Five Ways to Wellbeing: **Connect, Give, Learn, Be Active, and Notice.**

Ways to Well-being	Activity	Day	Location
Learn	**Challenge:** To learn and recite a poem about transition. We are considering transitions and supporting young people in moving through them (e.g. primary to secondary, Year 9 to GCSEs)	Starts on Monday	The poem will be shared during Form Time. Learn/rehearse it on the bus, in the lunch queue, while brushing your teeth.
Notice	**Challenge:** Create a piece of art that represents the theme 'Know yourself, grow yourself'. Remember to keep transitions in mind. How do you build the strength	Starts on Friday 31st January 2025 Deadline for art is Thursday at 3:30.	Hand in the work to Reception. It will be displayed in an exhibition on Friday lunchtime in the boardroom.

La Sainte Union
CATHOLIC SCHOOL

	and confidence to face change.		
Connect	Viewing of Inside Out 2.	Monday – Wednesday from 3:30 – 4:30	Look out for information on Teams
Active	Come and join us for a Just Dance session.	Lunch time. Look out for dates on Teams.	EG01
Give	**Challenge:** To support staff in preparing a video that we can share on our website and with primary school students that focuses on this years theme – 'Know yourself, grow yourself' with transition in mind. This will involve the poem that has been learnt all week.	Filming will take place on Friday. Year 7 will definitely feature, any other interested students should email Besa.	Location for filming: - Year 7 in presentation - Others in Ready to Learn Zone. More information to follow.

If you are concerned about your child's wellbeing and would like further support, please contact our Student Wellbeing Manager, Besa Sejdiu on safeguarding@lsu.camden.sch.uk .

A Dynamic Start to the Year for PSHE

January was a busy and enriching month for PSHE, with students across different year groups engaging in meaningful and thought-provoking programmes.

A group of Year 9 students embarked on the **G-EPIC project**, an inspiring European initiative designed to empower young girls by building confidence in political engagement and leadership. Meanwhile, all

Year 9s began the **Camden Choices Programme**, which raises awareness of the risks associated with drugs and crime, equipping students with the knowledge to make informed and responsible choices.

Year 10 launched the **First Give programme**, an exciting initiative where students will explore social issues, develop their public speaking skills, and work towards making a real impact in their communities. At the same time, Year 11 took part in an eye-opening **workshop on the effects of addictive substances**, with a particular focus on ketamine, helping them understand the dangers of substance misuse and the importance of making healthy life choices.

Looking ahead, Years 7 and 8 will soon take part in engaging initiatives of their own, ensuring that all students continue to explore important topics that support their personal development.

As always, details of PSHE topics covered each week are included in this newsletter. If parents or carers have any questions about the programme, they can use the **PSHE Parent Questions Form** at the front of the newsletter to get in touch.

We are incredibly proud of our students for their enthusiasm and engagement with these programmes, and we look forward to seeing the positive impact of their learning in the months ahead!

Community News

Join Trinity Buoy Wharf Craft & Making Saturday Club in their extraordinary artist community on the Thames and discover a world of possibilities.

Experiment with materials and learn new techniques working on projects from collage and observational drawing to fabric dying, sashiko stitching and knitting. Club members will be guided by three professional artists, who have taken inspiration from the Thames and its boats to create this exciting programme.

At the Club, you will dive into themes of identity, belonging, and cultural heritage, creating artworks that reflect your unique perspective.

The Club is your chance to connect with the creative industries, grow your skills, and collaborate with like-minded young artists and designers.

Trinity Buoy Wharf - National Saturday Club

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