La Sainte Union Catholic School

Family Bulletin

18th July 2025

Dear Parents and Carers,

As we have reached the end of another busy and inspiring school year, this edition of the Family Bulletin celebrates recent achievements and enriching experiences our students have enjoyed — from unforgettable trips and outstanding theatrical performances to record-breaking cooking events and exciting science opportunities. We also take a moment to say a heartfelt farewell to several valued staff members who are moving on to new adventures. Thank you for your continued support, and we hope you enjoy reading about all that's been happening at La Sainte Union.

This week, we say thank you and goodbye to several valued members of staff who are moving on: **Ms Laird** (Art), **Ms French** (Chemistry and Head of Year), **Mr Ossembe** (Assistant Headteacher), **Mrs O'Keeffe** (Assistant Headteacher), and **Shirley Taylor**, our Chaplain.

We are hugely grateful for their contribution to LSU and the impact they have had on our students and school community. They leave with our thanks and very best wishes for the future.

Sophie Fegan, Headteacher

Bright Women with Bold Futures.

Important Dates

Wednesday 3rd September – Academic Review day appointments.

Thursday 4th September- Students return

PHSE Topics

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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Drama News

Year 10 GCSE Drama Students Attend Performance at the Donmar Theatre

As part of our ongoing partnership with the Donmar Theatre, our Year 10 GCSE Drama students had the fantastic opportunity to attend a performance of *Intimate Apparel*. Set in 1905 New York City, the play centres on Esther, a Black seamstress who creates exquisite lingerie while pursuing her dreams of love and owning a beauty salon. Through Esther's journey, the production explores powerful themes of love, loss, and the complex societal challenges faced by Black women in a racially segregated America.

The production starred the acclaimed Samira Wiley, best known for her roles in *Orange Is the New Black* and *The Handmaid's Tale*. Following the performance, students were fortunate to take part in a Q&A session with members of the cast, providing valuable insights and inspiration for their own GCSE Drama work.

We are incredibly grateful for our partnership with the Donmar Theatre, which continues to offer our students access to enriching and memorable theatrical experiences.

Spring Gardening Update – Growing, Learning, and Harvesting!

Back in March, some of our Year 7 and 8 groups kicked off the growing season by planting peas in the raised beds. To protect them from birds and squirrels, we covered the beds with netting. Soon after, we launched our Gardening Club, meeting every Monday and Friday at lunchtime. During these sessions, students took on the responsibility of watering, weeding, and caring for everything we planted.

As the weather warmed up, our garden grew! We planted tomatoes, sunflowers, beans, strawberries, carrots, Thai basil, thyme, tamarind, and potatoes. Along the way, students picked up some handy gardening tips. One favourite was an old Victorian trick to keep slugs and snails away: we buried glass bottles with narrow necks partway into the soil. As air moves into the bottles, it creates vibrations in the ground that pests dislike – and it really seemed to work!

We also began tidying up the space in front of the D wing, preparing it for even more planting next year.

The highlight of the term was definitely the harvest. Students picked fresh peas and brought them to CED Day – they were sweet, delicious, and enjoyed by both students and staff. In cooking lessons, Years 8 and 9 used the peas to make egg omelettes and stir-fries, while Year 9 turned their homegrown potatoes into tasty latkes (potato pancakes). Some students even took tomato plants home to keep their green thumbs growing!

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La Sainte Union are record holders!

On Tuesday 1st July a group of year 7 students took part in Jamie Oliver's attempt at the Guiness World record for the largest cooking lesson in the world! The students loved taking part and learning how to make and shape their own pasta and fresh tomato sauce. Delicious!
The attempt was a record breaker! The final numbers were…
10,515 cooks, across 6 continents and 42 countries helped smash the record!

Yr 7 and 8 students enjoyed making La Sainte Union shortbread biscuits this week! We hope you get to try one!

Oxford University Science Programme

On Friday 11*th* July, a group of ten Year 8 students visited the University of Oxford to participate in the culmination of the 'Making Materials Matter' outreach programme. Since May, these students have been engaged in independent research projects in the field of Materials Science, supported by Oxford's student ambassadors. Their efforts concluded with a presentation at the university, where they showcased their findings alongside peers from other schools. The lead organiser commended our students for their impressive scientific understanding and presentation skills. This experience not only

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highlighted their dedication and teamwork but also provided them with valuable exposure to higher education and the field of Materials Science.

Yar 9 & 10 Take Part in Project Adder Workshops with the Metropolitan Police

Year 9 and 10 students recently participated in impactful workshops delivered by the Metropolitan Police as part of Project Adder, a national initiative focused on tackling drug use and exploitation through education, prevention, and support.
The sessions explored the many ways young people can become vulnerable to gang involvement, drug misuse, knife crime, and county lines activity—often through subtle forms of manipulation. A key focus was on cuckooing, a form of exploitation where criminals take over someone's home to facilitate illegal activity. Students learned how to recognise the warning signs and what steps to take to stay safe.
These workshops were delivered as part of our PSHE curriculum, supporting our ongoing commitment to empowering students with the knowledge and confidence to make informed, responsible choices. We are thankful to the Metropolitan Police for their continued support and for helping equip our students with the tools to navigate these complex issues.

Celebrating Reading

On July 4 a number of KS3 students attended a Reading Celebration organised by Islington Library Service at the Emirates. Three popular children's writer Ross Welford, Nathaniel Lessore and Alexandra Sheppard spoke about the inspiration behind their books and how they became writers and the students had the opportunity to meet them all and get their books signed.

Our students were great ambassadors for the school, listened attentively, engaged with the authors and asked excellent questions.
Student feedback was very positive:
“the trip was really fun and it was cool to meet three amazing authors”
“My favourite was Ross Welford he was so nice and did a great science trick”
“It was amazing that we were allowed to sit in the Arsenal stadium to ask our questions and it was fun getting our books signed”
Thank you to Islington Libraries for organising and inviting us.

La Sainte Union Creative Writing Club: publishing success!

LSU Creative Writing Club have been published in the Young Writers Short Story collection *Escape.* A copy is in the library if you would like to have a look. Creative Writing Club is on a Thursday lunchtime and will continue next year.

Please enjoy the below published entries!

Under Over
By Rosemarie, Year 9

Under, over, under, over,
Cornwall, Bristol, Brighton, Dover,
Stumbles in the kitchen, tricks,
Mama cartwheels into bricks.

Patchwork, sewing, picking cloths,
Button eyes, orange moths,
Crashes in the study, loud,
Papa fights an unseen crowd.

Dancing thimbles, Blinking eyes,
Running stitch across the skies,
A piercing scream heard from the south,
Embroidered flowers on grandma’s mouth.

Bunny’s blue, Crimson cats,
Scarlet bears and violet bats,
Kaleidescope of fluffy wool,
Fabric scissors, winding spool.

Under, over, under over,
Cornwall, Bristol, Brighton, Dover,
I believed it was a curse,
Stamps of silver on my parents’ hearse.

To My X Lover
By Natalia, Year 11

And there you stand,
right in front of me. You’re like a parasite
I can’t get rid of.
If there was medicine to make the
pain short lived,
I would have gladly taken it.
but in the end, it would not satisfy me,
it wouldn’t make happy at all.
Walking in the rain,
hoping it could take away the pain.
My mind tried to be like a drain,

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to wash out the pain. Your face was still there,
smiling and laughing at me, taunting me in my mind.
You bewitched my heart, body and soul,
And yet you tore it apart,
like a piece of paper.
Did I mean nothing to you?
You promised me the world, you had me
in the palm of your hand.
Your deep green eyes and your smile
deceived me.
The love I had for you was so bright
but you blew it out.
You're six feet high,
but I am six feet under.

We used to float,
but the bird of death
shattered the boat
into pieces.
The truths, the lies, the ticks,
the games you played,
replay in my mind, day in and day out.
Now you're just a face I used to know,
And that is all.
I know my self-worth,
no price will ever change it.
You may keep what you have.
But remember you will never have
something we used to have.

If you love creative writing, why not write a poem for the Foyle Young Poets of the Year Award? The closing date is 31st July, click the link to read more! [Foyle Young Poets Award – The Poetry Society]

PSHE News

As we have reached the end of the school year, we're proud to celebrate the many valuable learning opportunities our students have had through our PSHE programme. During the last fortnight of the school year, our students had some additional PSHE-related opportunities:

- Year 7: Our Year 7 students have completed their compassion-based wellbeing programme, delivered by Dr Claire Vaughan, from the NHS, and her team. This has helped them develop emotional resilience, kindness, and practical strategies for looking after their mental health.
- Year 8 and Year 10: Students in Years 8 and 10 took part in a dedicated day exploring the important issue of child exploitation. They watched a powerful performance by a theatre company (Loudmouth), which was followed by engaging workshops and debates to help them recognise risks and build confidence to speak up and stay safe.
- Year 10: To round off the term, Year 10 students will have the opportunity in the final week to learn vital first aid skills, with training delivered by the Red Cross. This practical session will empower them with knowledge that could make a real difference in an emergency situation.

We'd like to thank our students for their thoughtful participation and our partner organisations for helping us bring these important topics to life. We look forward to continuing to equip our young people with the knowledge, empathy and practical skills they need to thrive.

Community News

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CAMDEN YOUTH F.C.
GIRLS FOOTBALL CLUB

INTERESTED IN PLAYING FOR A TEAM?
WE'RE RECRUITING FOR THE 2025/26 SEASON!

FREE OPEN TRAINING/TRIALS!
FOR NEW PLAYERS

4pm - 6pm at **Talacre Sports Centre**
Dalby Street, NW5 3AF
Dates
Monday 28 July
Monday 4 August
Monday 11 August
Monday 18 August

SCAN THE QR CODE TO REGISTER

Age Groups
U8's-U9's, U10's-U11's,
U12's-U13's, U14's-U16's
U17's-U18's

Or you can send us an email
camdenyouthfc@camden.gov.uk

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Join our Guild of Young Makers

Is your child **curious, creative,** and loves to **make** things?

shiftED **Learning to make; making to learn**

Free after-school projects aligned with the creative industries for ages 10–14 (Years 6–9)

Holborn Library, **Clore Learning Space**, Camden | Monday - Thursdays, 4:15–6:15pm

Join our **Guild of Young Makers** and **sign up** for **free** after-school projects from **shiftED** — an education charity nurturing the next generation of designers and makers.

Find out more and sign up at:

www.shifted.org.uk
Select menu: Programmes > After School
afterschool@shifted.org.uk

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Girls Get Moving

An opportunity for girls aged 8 to 14 years old to get active in a safe place, socialise and develop new skills and most of all to have fun whilst taking part in their favourite activities such as: trampolining, football, mini tennis, table tennis, badminton, fun games and more.

Ages: 8 to 14 years

Location: Talacre Community Sports Centre, Dalby Street, NW5 3AF

Date and time: Monday 4, 11 & 18 August 4pm to 6pm

For more information, contact Jenny.mungroo@camden.gov.uk.

Register: Complete online form via QR code **here**

Active Wednesday

Lots of fun activities, such as trampolining, cricket, tennis, table tennis, football, basketball and much more.

Ages: 11 to 17 years

Location: Talacre Community Sports Centre, Dalby Street, NW5 3AF

Date and time: Wednesday 23, 30 July, 6 & 13 August, 4pm to 6pm

To book a place or for more information, contact shaun.taylor@camden.gov.uk.

Arsenal In The Community

Football sessions open to girls and boys. Sessions will involve a mixture of fun football activities and games.

Ages: 8 to 14 years

Location: Cantelowes Gardens, Camden Road, NW5 2AU

Dates and times: 29 July-1 August, 5-8 August, 12-15 August & 19-22 August, 10am to 3pm.

Register: Complete online form via QR code **here.**

For more information, contact positivekicks@arsenal.co.uk

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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