



# St Ursula's Convent School

# The Weekly

Week Ending  
6th November 2020  
Issue Number 009



Dear Parent / Carer

As we enter our second lockdown I want to reassure you that we continue to work hard to keep everyone safe. Thank you for your continued support in sending your daughters to school each day, equipped and ready to learn.



I would like to remind you about the need for all students to have 2 masks each day, one for travel and one for use in school. We are still seeing a large number of girls at the school office looking for masks. Last month we spent £600 on masks. Please help us by ensuring your daughter has her masks for each day and a spare in case one gets lost or damaged.

Thank you also for your support in ensuring that the PE kit is correct. The girls have been much better at coming in the correct kit.

Can I also remind you that as the weather becomes much colder, outdoor coats should be worn over the blazer and should be plain black or navy with no large logos. Scarves should also be plain black or navy. Hats are not part of the winter uniform.

We are seeing girls wearing badges on their blazers which are not school badges. Please remind your daughters that badges, other than those given to them by school should not be worn and will be confiscated until the end of term.

My best wishes  
Mrs C Hamilton  
Headteacher



## Update to our FAQs

- **Have there been any positive cases of COVID-19 at St Ursula's?** To date, one student has tested positive for COVID-19. This student's household was already self-isolating when she developed symptoms. She therefore did not come into contact with anyone in our community.
- **If you have a confirmed case of COVID-19, will you confirm details of the infected person/people?** As you might expect, we will not be releasing the name(s) of anyone who tests positive in respect to their privacy.
- **If you have a confirmed case of COVID-19, will the school be closed?** If we have a confirmed case of COVID-19, we will contact Public Health England and follow their advice.

## IMPORTANT NOTICE

If at any point in the future your daughter tests positive for Covid, it is essential that you inform the school as soon as possible even if it is after school hours or at the weekend. In the event that your daughter does test positive please email [covid@stursulas.com](mailto:covid@stursulas.com)

This email will be checked regularly and a member of the Senior Team will contact you as soon as the email is picked up. We will have to gather information from your daughter about who she has been in contact with. This information is required by Public Health England, they will then advise us on the next steps.



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It is deeply saddening that due to the new lockdown we are, once again, unable to participate physically in the celebration of Mass. The daily Sacrifice of the Mass will continue, however, in our local parish churches and around the world. See below for links.

<http://www.rcsouthwark.co.uk/streaming.html>

<https://www.churchservices.tv/>

In addition, churches are permitted to stay open for private prayer so many parishes will have extended times of Eucharistic Adoration.

**November is the month when we remember very especially those who have died.**

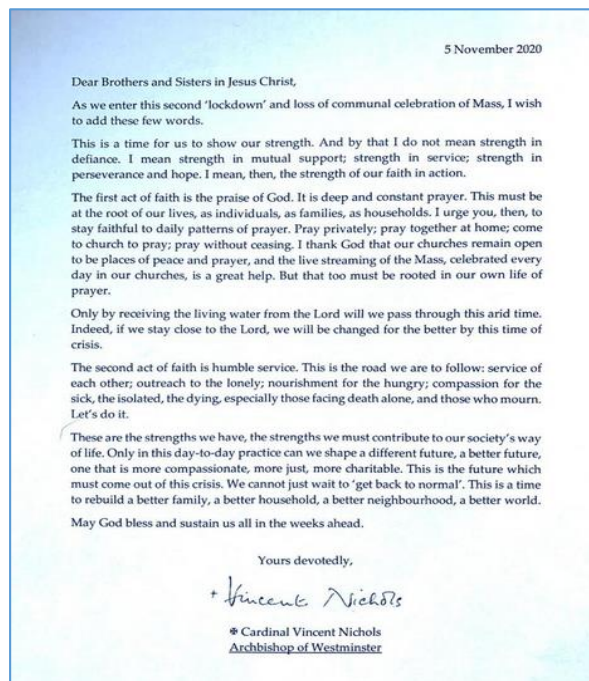


In her Counsels, St. Angela Merici assured her followers that death was not the end. *"For understand that I am now more alive than I was when I lived on earth."* (Counsel 23-25) It can be comforting for us to know that because our loved ones are now with God, they are also with us in spirit.



St. Elizabeth of the Trinity, whose feast day is 8<sup>th</sup> November, gives us an example of being discerning and remaining joyful in difficult times. She died a painful death at the age of 26yrs yet her final words were, "I am going to Light, to Love, to Life!"

**"This joy...is a fruit of the Holy Spirit. Without the Spirit one cannot have this joy."  
(Pope Francis)**



*Eternal rest grant unto them, O Lord,  
And let perpetual light shine upon them.  
May they rest in peace. AMEN*



Our UEC virtue for this half term is **DISCERNING & JOYFUL**



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Please can you ensure that your daughter comes to school with 2 facemasks. This is inline with the Central Government Directive. The school has been providing facemasks to pupils that have come to school without their own face coverings. Over the last month this has cost the school £600.00. These funds could have been used on valuable resources to support your daughters education and wellbeing.



Thank you in advance for your co-operation.



## Under 18s Free Travel to Stay



Over the Weekend TfL and Government reached agreement on a new funding arrangement worth £1.8 billion to see TfL through to the end of March 2021.

The proposed temporary removal of free travel for under 18ss, which was a government condition of the initial bail-out deal **has been dropped**.

Young people in London will therefore be able to continue to enjoy free travel across the capital, providing TfL can find alternative funding for the scheme in April 2021



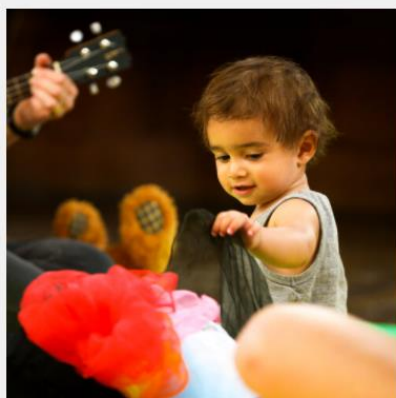




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Early years (ages 0-3)



Children & young people  
(ages 4-18)



Holiday courses

**Greenwich Music School is a registered charity and centre of excellence in music education.**

Greenwich Music School teaches over 300 children and adults every week, through a range of instrument and voice lessons, group courses and ensembles, early years classes for young children and parents, professional training and special projects. They have a bursary fund to support local families otherwise unable to access high quality music education.

For more information about this excellent organisation please visit:  
<https://greenwichmusicschool.org.uk/>





## FREE SCHOOL MEALS

We provide a range of healthy and nutritional hot and cold meals that fully comply with the National School Food Guidelines



New  
recipes  
to try every  
month!

hellofood

Our discrete till systems ensure that any transactions are processed confidentially and all our lunch time meal deals are aligned to the FSM allowance every day, ensuring outstanding value for money.

Simplyfresh

If your daughter is entitled to a Free School Meal they will have a choice of a hot meal (or sandwich, salad or snack) **AND** dessert (hot, cold or fresh fruit).

## Allergies

If your daughter has any dietary requirements, please ask them to speak to the Chef Manager who will be happy to provide a suitable meal.



## Letter from the JLT



Dear all,

Due to the new lockdown, we need to make sure we're all being discerning to keep everyone safe so we can stay in school. Despite the new lockdown, we all need to remain there for each other and ensure that all of our spirits are high.

We should all try our best to stay resilient during this period of uncertainty and we will get through this difficult time together.

And good luck to the Y11's in their PPEs!



The JLT.



## PPEs for Year 11s starting Monday 2<sup>nd</sup> November until Friday 20<sup>th</sup> November 2020

The updated PPE timetable is available on the school website and a paper copy was provided to all pupils this week. This timetable sets out the day and time of each exam. This week your daughter was also given an individual timetable with the rooms where she will be sitting each examination. Your daughter must keep this safe, and bring it to school everyday, so that she knows where to line up for exams, or silent supervised study.

### REMEMBER!

Pupils are responsible for bringing any additional equipment with them each day.

Some exams for example may require calculators, pencils, a ruler or maths equipment.

**Make sure you have checked with your teacher what you need for each exam.**

Answers should only be written in black pen unless the exam paper instructs otherwise.

Pupils must bring at least **TWO BLACK PENS** with them to each exam.

### GOOD LUCK EVERYONE!

Year 11 pupils should be aware of our expectations for the PPEs following assemblies by Ms Johnson and Mrs Adams. If you or your daughter has any questions please do contact school. Like every year, It is very important that we run these exams in line with the Joint Council for Qualifications (JCQ) Information for Candidates for Written Examinations. This information should be studied carefully by all pupils, parents and carers to ensure that the rules and regulations of the PPEs are fully understood.



### The JCQ rules include:

- Pupils must be on time for all exams
- Pupils must not take notes, mobile phones, iPods, MP3/4 players, smartwatches or wrist watches with a data storage device into the exam room
- Pupils must not talk, try to communicate with, or disturb other pupils in the exam room
- Any pencil cases must be completely clear and see through
- If pupils wear a wrist watch they must remove it and place it on their desk when they arrive in the exam room
- Small, plastic water bottles must be completely clear with any labels removed and contain water only.





## coping with exam pressure

### a guide for students

## how to feel more confident about exams

### What are negative beliefs?

Many people with high exam anxiety can't stop worrying about failing or the consequences of failing. For instance, 'If I fail my GCSEs my whole life will be a failure'. These types of beliefs focus on what you can't do rather than what you can.

### Replacing negative beliefs with positive beliefs

Find a positive, realistic belief that can replace the negative belief. For instance, if your negative belief is 'I am rubbish at maths' a positive, realistic alternative could be: 'Even if I will never be the best at maths, I will do better if I have a revision plan and stick to it'.

The **key things to remember** are that:

- if you suffer from anxiety, replacing negative beliefs can help
- some people find it helpful to keep a record of their beliefs
- you can become a more confident person with a 'can do' attitude

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**Stress can be a great motivator** for some students, giving them the 'get up and go' that they need to succeed

Other students are **indifferent to stress**; they can float along without getting affected by stress in a good or bad way

**Stress can be a bad thing** for some students, when exam pressures become overwhelming

The **key things to remember** are that:

- stress is nothing to be scared of
- anxiety is not inevitable
- you can learn how to cope more effectively

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