



# St Ursula's Convent School

# The Weekly

Week Ending  
15th January 2021  
Issue Number 017



Dear Parents and Carers

We come to the end of another working week in lockdown, and I hope you and your families all remain safe and well.

This week we developed our remote learning offer to include 'live' elements to some of the lessons.

This has been well received and I want to thank the parents who have emailed in with messages of support for staff. Please see the attached email from Ms Johnson with more details on live learning offer.



We also started Lateral Flow Testing (LFT). A team of testers trained by Greenwich Public Health came into school on Wednesday and Thursday to carry out the LFT. All staff and students on site were tested. This will continue next week on Monday and Thursday. The testing process was very well organised and very quick meaning minimum disruption to lessons. A huge thank you to our Premises Team, Mr Baldwin and Mr Cole for supporting the organisation of this process. If your child is coming into school next week and wants to be tested you will need to complete a consent form, if you have not already done so. Please contact [admin@stursulas.com](mailto:admin@stursulas.com) if you need a consent form to complete.

Last night we joined the Jack Petchey virtual awards ceremony where a number of our students received an award. Although it was not the same as a live event it was still wonderful to see our students receive this prestigious and public recognition of their work and dedication. Congratulations to Alice Henderson, Alicia Quinn, Elsie Oliver, Emily Tran, Kemi Balogun and Louise Chardi. Congratulations also go to Mr Baldwin, our Premises Manager who was the Leader Award Winner.

Thanks also to Miss Cushnahan and Mrs Durrant who helped to organise the nominations, liaising with the Jack Petchey organisation.

Have a lovely weekend and I hope you all remain safe. Please ensure your children keep to school routines, get some exercise and eat healthily.

If you have any concerns or queries please do not hesitate to contact us via [admin@stuerulas.com](mailto:admin@stuerulas.com)

Have a restful weekend  
Mrs Hamilton  
Headteacher



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## DISCERNING & JOYFUL – even in difficult times

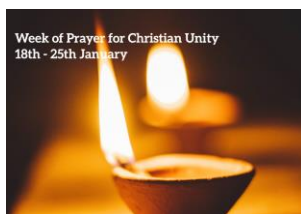
### “A Culture of Care as a Path to Peace”

This year Pope Francis' World Peace Day Message focuses on the need for us to care for each other as the way to build a peaceful world. He asks us to *“combat the culture of indifference, waste and confrontation”*, reminding us that global peace starts within each of us and within our own individual communities. Peaceful hearts, lead to peaceful words and actions. In these days of the COVID-19 pandemic there is a greater need than ever that we care for each other, with kindness and respect.

Pax Christi, the international Catholic movement for peace, is offering a Peace Sunday reflection via Zoom on **16<sup>th</sup> January, 6-7pm**.  
[Click here to register.](#)

### ***This Sunday is Peace Sunday***

**“... may we strive daily, in concrete and practical ways, to form a community composed of brothers and sisters who accept and care for one another.”** (Pope Francis, 2021 World Peace Day message)



Next week is the octave of prayer for Christian Unity. This year the resources have been prepared by the ecumenical Monastic Community of Grandchamp in Switzerland which has fifty sisters, women from different generations, church traditions, countries and continents. This year's theme is based on John 15:1-17, 'Abide in my love and you shall bear much fruit'. Resources, including daily reflections, are available for download here: <https://ctbi.org.uk/resources-for-week-of-prayer-for-christian-unity-2021/>

*Lord, you invite us to abide in you who are the vinedresser who cares for us with love.  
You call on us to see the beauty of each branch united to the vine, the beauty of each person.  
And yet, too often the difference in others makes us afraid.*

*We withdraw into ourselves.*

*Our trust in you and one another is lost.*

*Come and direct our hearts toward you once again,  
That as one family we may praise your name. Amen.*



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Dear parent/carer

As we find ourselves yet again in the grips of another lockdown it is recognised that this time of year, with it's early fading daylight hours, along with the current uncertainty, has had an even more significant impact on the ability to maintain structure and routine in our days. Sadly this plays a big part in affecting our wellbeing and mental health.

Below is a source of information that we hope may help support you and your child in maintaining that all important routine and structure within our daily lives.

*Learning about some ways to cope with lockdown through the colder months will hopefully help make it seem a little less daunting. This starts with being aware of the challenges we might experience...*

Millions of people have [problems with the changing seasons](#), experiencing Seasonal Affective Disorder or 'Winter Blues'. As the days get shorter and darker, some people:

- Find it difficult to wake up
- Feel 'slowed down' and lack energy
- Put on weight
- Struggle to focus on work
- Experience irritability
- Feel noticeably down and unhappy

Some people are affected by the onset of winter much more than others, but many will experience these thoughts, feelings and behaviours to some extent. It's caused by the environment, specifically light deprivation, and stress. [The uncertain situation](#) we are living in at the moment and the increase in time spent indoors could well exacerbate these effects.

Authorities have warned about the [difficulties of dealing with Coronavirus in Winter](#) amidst a second wave. We're facing what some might call a bleak period. However, we know that learning never stops, and that [crisis can be an opportunity](#) to develop our mind-set and build on our skills. So, here you will find some tips to help you stay resilient, safe, and thriving this winter.

Best wishes – Stay safe

Safeguarding and Wellbeing Team



## ***Maintain structure***

Have a structure to your days. If you're learning, working, or training from home, keep a schedule with regular bedtimes, waking times, mealtimes, and downtimes. You might want to keep an achievable to-do list, with daily tasks you can complete and tick off to keep you productive and motivated. We best deal with worries when we have a plan, so scheduling your days keeps you feeling calm and in control.

## **THE POWER OF ROUTINE**

Some of the most common worries we've heard from teachers and parents this year are: how do we keep students engaged in their learning? How do we protect their mental well-being? How do we get them to develop a healthy routine when they can't get to school?

We know that goal-setting, self-awareness and accountability are key. To help students develop these, there are attached some worksheets to help students set themselves long- and short-term goals and track how well they're doing.

**"My goals for this week"** - Every Monday, students should fill it with their goals for this week, and smaller sub-goals that will help them achieve what they're aiming for. Every Friday, they should review it to see how well they did and start thinking about goals for the next week. This is perfect to fill out with a parent or someone else who will keep them accountable - there even is space to write down how that person can help students achieve their goals.

**"How well did I do today?"** - This worksheet should be filled at the end of every day. It will help students track the good habits they should develop and the bad habits they should get rid of, reflect on the positive parts of the day and plan for the following day. Printable goal setting worksheets can be downloaded from this website.

<https://info.innerdrive.co.uk/goal-setting-worksheets> please cut and paste into your browser.

Best wishes – Stay safe  
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## JackPetchey Foundation

Inspire • Motivate • Achieve



## 21<sup>ST</sup>

BIRTHDAY  
1999 – 2020

*On Thursday 14th January, we joined an online award ceremony to celebrate the incredible individuals that have made a positive impact within our school and wider community. 2020 was a challenging year for us all, but our winners have gone above and beyond to help and support both strangers and friends.*

*From all at St Ursula's, we would like to thank them for their outstanding acts of service. They embody our motto 'Serviam'. We are extremely proud of you all.*

### Our student winners



Elise - Year 11



Alicia - Year 11



Kemi - Year 10



Alice - Year 8



Louisa - Year 8

### Our staff winner



Mr. Baldwin  
Premises  
Manager



Emily - Year 8





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## Careers Corner

This week I have shared a CAREER MAP for students in years 9, 10 and 11 who are interested in a career in **medicine**. I have mapped out all the stages that you will go through, starting with the importance of work experience ( I have listed virtual work experience opportunities during the pandemic), links to finding out more about the BMAT/UCAT test and the post degree process.

I will be doing one for Law in the coming weeks also.

Miss Cahir

## 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.





## PE Advent House Challenge Results

Well done to all of those students who took part.

### Year 7

1st Ursula  
2nd Francis  
3rd Angela  
4th Elizabeth  
5th Catherine

### Year 8

1st Ursulas  
2nd Elizabeth  
3rd Catherine  
4th Francis  
5th Angela

### Year 9

1st Angela  
2nd Ursula  
3rd Elizabeth  
4th Francis  
5th Catherine

### Year 10

1st Ursula  
2nd Angela  
3rd Francis  
4th Catherine  
5th Elizabeth

### Year 11

1st Catherine  
2nd Angela  
3rd Ursula  
4th Elizabeth  
5th Francis

There will be PE house challenges  
set online in the coming weeks.