



Dear Parents,

Looking at this Newsletter, it's hard to believe that we have only been back at school since September! The pages are crammed with so many wonderful activities and so much creativity that you would think they covered the whole year, not just a half term.

I would like to draw your attention particularly to the Ursuline Education Values that are becoming embedded in our approach, in common with all the other Ursuline schools in England. I am also delighted with the progress we are making in celebrating the diversity of our Brentwood Ursuline community. The word St Angela used, which is contained in our School Prayer, as well as our Ursuline Education Values, is 'Insieme', Together. Living together can be joyful, frustrating, irritating, wonderful....just ask any family! The point is not that we arrive at a set destination, but that we journey together, 'bearing with one another in Jesus Christ', as our prayer says. This Newsletter gives a flavour of our journey together so far this year.

The provisional exam statistics from last summer are published by the DfE on 20<sup>th</sup> October and can be viewed at

<https://www.find-school-performance-data.service.gov.uk/school/138834/brentwood-ursuline-convent-high-school>

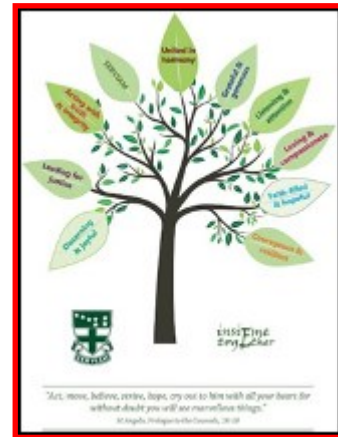
We are absolutely delighted with these results and congratulations to the teachers and students who achieved them. I would draw your attention particularly to the Progress 8 measure, which shows how students have performed relative to others nationally with the same prior attainment. This shows that BUCHS added +0.88 of a GCSE grade above expectations.

The school is due its Ofsted inspection at some point soon: these exceptional results give us great confidence that our academic and pastoral approach leads to the best possible outcomes for your children.

Dr Richard Wilkin MA, EdD, Headteacher

## Trinity House Week

### 'Courageous and Resilient'



This term, we have been focussing on the Ursuline Student Profile virtue of "Courageous and Resilient." This virtue is also one of two guiding principles; the other being 'Serviam.' Both of these were witnessed especially during Trinity House week, which took place from 26<sup>th</sup> to 30<sup>th</sup> September. This was a very special House Week, as it was the first time since September 2019 that we were able to have whole school activities to help us raise money for our charity, Macmillan Cancer Trust. Sadly, during this school term, we have also said goodbye to Her Majesty Queen Elizabeth II. We are reminded of her famous quote (above) about how being courageous helps us in the hopes for a better future. On 29<sup>th</sup> September, Father Martin from Chelmsford celebrated Mass for all of Trinity House in our school Chapel. It was a special occasion to be able to come together, 'insieme.' Our wonderful Trinity students led us in prayers and beautiful music.



### Trinity House Week Continued

During Trinity House Week, the House Team organised a very successful biscuit sale. There was also a 'Guess the number of sweets in the jar' competition, and a massive well done goes to Elizabeth in 7T, whose guess was only 4 away from the grand total!

Elizabeth is pictured looking very happy with her prize!



The highlight of the week was the Teacher vs Teacher netball match which drew over 100 student spectators.. Over 15 teachers showed lots of courage and resilience and they took to the netball court to showcase their sporting skills and competitive streak!

We would like to say a huge 'thank you' to 7T who brought in the sweets for the jar. A great example of our Ursuline motto of 'Duty' and working together.

Thanks to all of these wonderful efforts, £310 was donated to Macmillan Cancer Trust.

Miss O'Grady, Head of Trinity House



### District Cross Country Championships

On Tuesday 11th October, students from Years 7-9 competed in the Brentwood School District Cross Country Championships. All of the students gave it their best and there were some very good team & individual performances.

The Year 7 students finished 3rd with Ella (7C) finishing 5th individually. The Year 8s battled hard to 5th place with Abigail (8A) also taking an individual 5th place. The Year 9s were crowned district champions with Aisling (9U) placed 5th, Phoebe (9J) in 6th, Jess (9T) in 8th, Tilly (9U) 15th, Inez (9C) 18th and Donatella (9U) coming in in 20th place. All finished in the top 20. Well done to all the students who competed!

The teams are listed below:

Year 7 team: Abigail 7A, Poppy 7A, Catherine 7J, Kyra 7J, Maddie 7T, Osose 7T, Edith 7C, Ella 7C, Matilda 7C, Ivy-Rose 7C, Alana 7U.

Year 8 team: Abigail 8B, Anabelle 8B, Alessia 8C, Katie 8C, Izzy 8C, Anna 8J, Ayomide 8J, Lydia 8T, Maria 8T.

Year 9 team: Savannah 9J, Inez 9C, Faye 9C, Orlaith 9C, Phoebe 9J, Aisling 9U, Tilly 9U, Jessica 9T, Isabella 9T, Donatella 9U.

Mr Boshier, Teacher of PE





### Admissions News

The closing date for Year 7 admission 2023 is 31st October 2022. Please do not assume that because you have a daughter already in the school that you will automatically receive a place for her sibling. Please complete a Supplementary Information Form, which can be found on the school website:

<https://www.brentwoodursuline.co.uk/>

and attach any supporting faith documentation. During the half term holiday, you can post applications into the black post box next to the electric vehicle entrance gates on the second entrance down Queens Road. These applications will be dealt with after half term and treated as on-time applications. You will receive a letter in the post acknowledging your application.

If you have any queries, please contact Miss Lester, Admissions Officer - [clester@buchs.co.uk](mailto:clester@buchs.co.uk)

### Healthy Family School Age Drop In

#### Larchwood Family Hub

Community 'Drop-in' on the 3<sup>rd</sup> Wednesday of every month from 3:30-4:30p.m. on the following dates. Parents can ring our office on 0300 247 0013 to book an appointment.

19<sup>th</sup> Oct '22  
16<sup>th</sup> Nov'22  
21<sup>st</sup> Dec'22  
17<sup>th</sup> Jan'23  
15<sup>th</sup> Feb'23  
15<sup>th</sup> Mar'23  
19<sup>th</sup> Apr'23  
17<sup>th</sup> May'23  
21<sup>st</sup> June'23  
19<sup>th</sup> July'23

Please note that we give advice on sleep, healthy eating, behaviour management, enuresis/bedwetting, emotional wellbeing issues and general advice. We also signpost to other allied health professionals.

Larchwood Family Hub,  
Larchwood Gardens  
Pilgrims Hatch  
Brentwood  
CM15 9NG

### My Experience with volunteering



Recently, I have had the wonderful opportunity to volunteer at my local library. My name is Ashlin and I am currently a Year 11 student. I would like to share my experience with volunteering and how it has impacted me positively.

During the summer holidays, I visited my local library and found out that they were doing a summer reading challenge for young children to encourage them to read. I also saw that they needed help with volunteering. Since I was free for the summer, I thought 'why not give up just a bit of my time to, hopefully, make someone else's day better?' The job involved working with children, which is something I love to do, and I thought I was more than capable of doing so!

In my opinion, the process of signing up was fairly straightforward – almost anyone can do it! All I needed was a reference and for this I chose Mrs. Mackenzie (my Head of Year.) She was more than happy to help me! I received a reply within a couple of days and was told I could start working straight away!

I found this opportunity very beneficial as not only was I able to help my local community (and see many smiles along the way,) I was personally able to gain skills as well – such as communication for example. Volunteering gave me the opportunity to see what working in a part time job could be like. In school, I was also told that taking opportunities like this could be helpful for my future job applications and CV. So, all in all, I think volunteering is an excellent way to not only help those around you, but also gain skills along the way. I definitely recommend taking opportunities like this as they come your way!

### Summer Reading Challenge 2022





## Library News

### Library Break and Lunch Opening Times

**Break: 10:50-11:10** Open to all year groups for study, borrows/returns/renewals and computers. Maximum 30 students.

**Lunch: 13:05-13:30** Per the below timetable for borrows/returns/renewals and computers. Maximum 30 students.

Monday	Tuesday	Wednesday	Thursday	Friday
Year 7	Year 8	Year 9	Year 10	Year 11

**\*\* Sixth Form can study in the library during all of the above sessions\*\***



### The Half Price Book Fair is back!

Our popular Scholastic Book Fair returns on 8th December in the School library, and we are pleased to announce that **all items will be half price!** Students will have an opportunity to shop during break and lunch times.

The fair is open to students from all year groups and offers a perfect opportunity to browse new and classic titles and purchase Christmas gifts for friends and family. Books, stationery and bags will be available to buy. Every book purchased earns credits to spend on new books for the school library, so your support is very much appreciated.

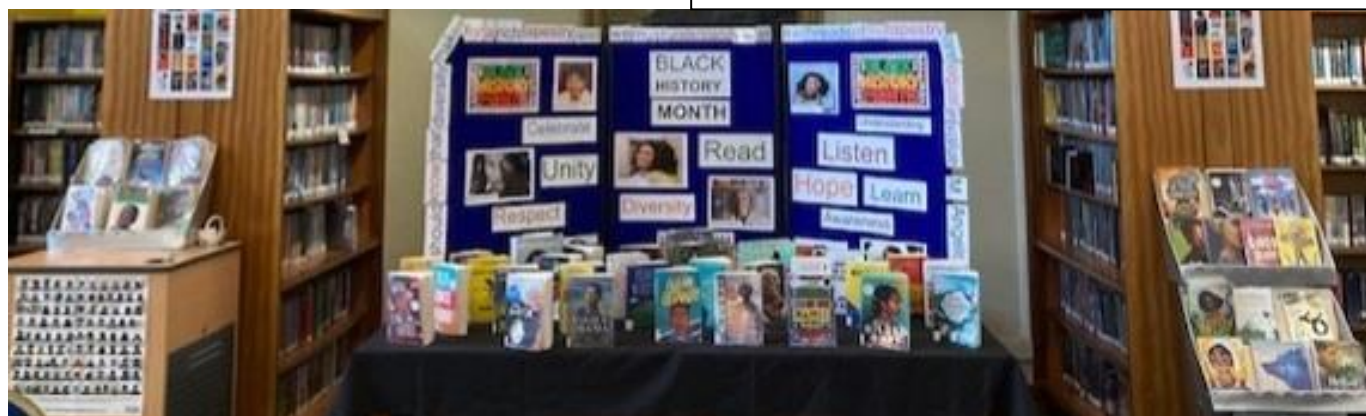
**Please note that this will be a cash only event.**

# BIM2022

DIG DEEP, LOOK CLOSER, THINK BIGGER

### Black History Month

The library is celebrating Black History Month 2022 which runs through October. We stock a fantastic range of titles—both fiction and non fiction, with many being recommendations from our students. Students will still be able to browse and borrow from the selection after half term. Come and have a look!





## Careers

Now is a good time to have a think about what you want to get out of this academic year. Things to consider could include what you are learning about at school. Is it interesting? Could what you are learning give you any career ideas? How does what you are learning in each subject relate to the world of work? It's worth asking your teachers this! It's also worth thinking through what experiences and skills you are developing too, in and out of school. Do you have a chance to sign up for a Duke of Edinburgh Award or gain some new experiences and skills via playing sport or taking a part time job? It may not be obvious straight away, but gaining these new experiences will develop your employability skills. Employers and colleges/universities like to see young people willing to have a go at new things, to 'grow' their skills and confidence.

There are lots of careers theories that have been developed in the last 100 years and there are a few practical things that can be taken from them. So here's a short list of 'top tips' from just 2 of them:

**Happenstance** – this theory suggests that people can take advantage of unexpected events and opportunities to create a career that is engaging and meaningful. So, grabbing every opportunity to try something new or take up an unexpected chance to talk to an employer or university could have a positive impact on your future.

**Matching** – these theories are centred around looking at what your strengths and attributes are and then finding a career that would use these well. An example could be if you have got good eye/hand coordination. This could be great for some sporting careers, being a surgeon, some building trades and a PE teacher!

Labour Market Information (LMI) can be really helpful in planning your future career and education choices.

### What is LMI?

In essence, it will cover things like salaries, where job opportunities are located, if there are growing numbers of opportunities (e.g. medical related roles,) what percentage of staff doing the role are 'aging' (for instance, there is a need for younger workers to join the farming industry.) Knowing your LMI could help you make some informed decisions about your future career and where it might lead you. So how can you access LMI? There are lots of ways: careers fairs, work experience and teaching staff linking what they are teaching you to future careers and options. You can also use these websites to find out more too:

<https://www.ucas.com/careers-advice>

<https://www.essexopportunities.co.uk/>,

<https://nationalcareers.service.gov.uk/explore-careers>,

<https://www.prospects.ac.uk/>,

<https://www.lmiforall.org.uk/cm2/>

<https://amazingapprenticeships.com/>

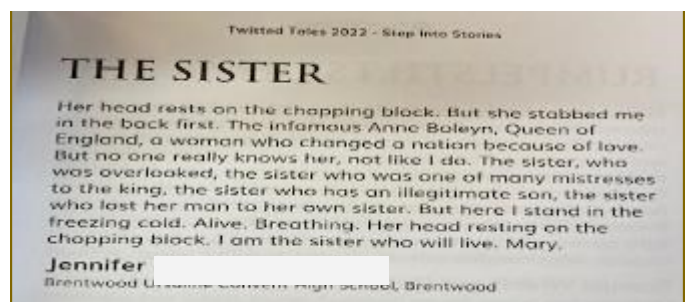
<https://icould.com/>

Talk to the careers advisor in school who can help you interpret the LMI you find and how it can help you with your own future decisions and plans. Mr Barber organises Mr Yates' timetable, so do let him know if you think you'd benefit from an appointment.

Mr Yates, Careers Advisor



In the last issue of the newsletter, we announced that Jennifer, now Year 13, had entered a short story to the National Young Writer's competition via Mr Kitchen's Creative Writing Club. Her story was chosen as one of the winning entries! We have now received copies of the book in which all competition winners have had their entries published. Her 'twisted tale' is called 'The Sister' (below.) Congratulations again to Jennifer!





## Food Technology

### Food Technology comes to KS3!

This term, we have begun the carousel of Year 7 and 8 Food lessons. Your daughters in these year groups will be cooking for a whole term. It has been a pleasure to see our students working together, communicating, sharing and cooperating in this new setting. They have shown many of their culinary skills already and have been peeling, slicing, grating, weighing, grilling, baking, simmering and toasting!

Excitement has been evident on the faces of the students who are cooking this term, and so far, Year 7 have enjoyed making scrambled eggs on toast, pizza toast and a layered pasta salad. Year 8 have created a delicious savoury rice dish, homemade burgers - complete with buns and topped with salad, and a pasta bake.

All recipes are well balanced and draw their ingredients from the Eatwell Guide. I would like to praise all students who have cooked so far. From the chopping and preparing, right through to the washing and drying up, each and every one of them has shown their true Ursuline nature in the way in which they have supported and encouraged each other. Some students have brought their own herbs and spices from home, showcasing an existing knowledge of flavours to suit different tastes and palates too. Well done Year 7 and 8!



**Year 7 finished pizza**



**Year 7 using the grill**



**Year 8 pasta bake assessment**

### French Recipe Competition

A lady who teaches in France and was once a BUCHS student in the '80s has made contact with us and we have already found many ways in which our schools can work together. She is putting together a recipe book written by her students and offered our students the chance to contribute too.

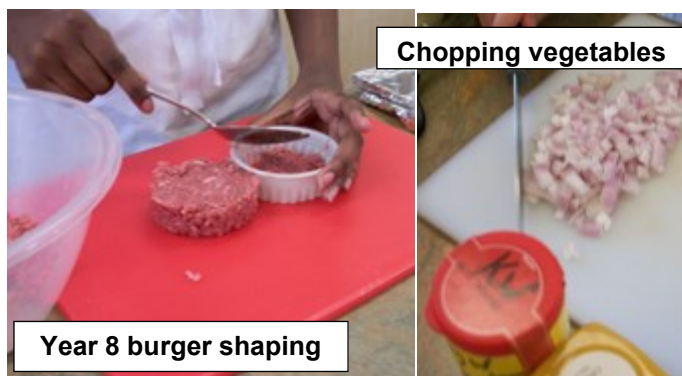
We ran this as a competition in the summer term and the finalists were **Mya, Neve, Philippa and Mikaela**.

Students were asked to submit a recipe which is a favourite in their household and the top recipes chosen range from 'Kenyan Chapatis' to a 'Spiced Fruit Loaf.'

These recipes have now been sent to France and we await news from our partner teacher, Lisa Talma, as to how they can be included in the final edit.

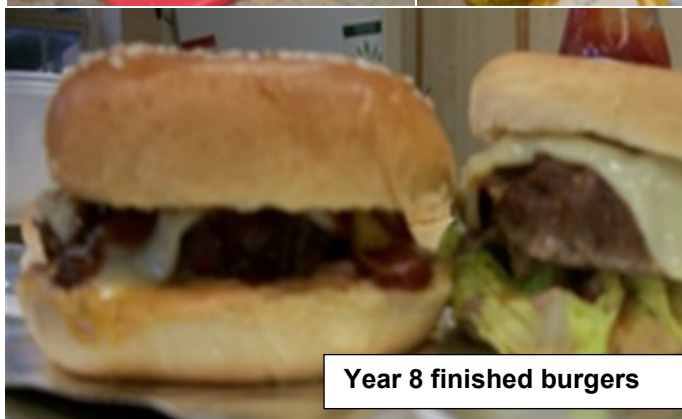
Following the passing of her Majesty The Queen, Lisa also asked if we could send a recipe which might have been a favourite of the Queen's and also one from King Charles' kitchen. We chose the chocolate biscuit cake, which is made with rich tea biscuits and was apparently a great favourite in the Queen's household. For the King, we sent a recipe for roast lamb and wild mushroom risotto, which one of his own chefs describes as his menu of choice. We hope to hear from Lisa soon and she is actually visiting us at BUCHS at the end of the term, so we will have more news then. Well done: Mikaela, Mya, Neve and Philippa!

**Mrs Sullivan, Teacher of Food Tech**



**Year 8 burger shaping**

**Chopping vegetables**



**Year 8 finished burgers**



## Duke of Edinburgh



Chanelle (10A) completed her bronze Duke of Edinburgh qualifying expedition from the 17th to the 18th of September. Over the course of the weekend, she had to complete 32km of hiking through footpaths, cow fields and more. Her total number of steps for that weekend totalled over 50,000! On top of this, Chanelle has completed all her sections which included three months of volunteering at her old Cub Scout group, six months of 'Skills' for which she chose cooking, and three months of 'Physical' for which she chose walking once a weekend, increasing her distance each time. Chanelle is now concentrating her efforts on completing her silver award.

She can't wait for her next adventure!

## Ursuline Virtues



This half term, our Ursuline Virtue has been 'Courageous and Resilient.' Years 7 and 8 were challenged to create a poster about this virtue, and we have received lots of brilliant entries. A huge well done and thank you to all those who entered.

Our winning entry (above) comes from Ria in 7C. Congratulations Ria!



## LAMDA Results

Congratulations to our LAMDA students who successfully completed their examinations at the end of the summer term. A wonderful set of results - 100% Merit and Distinction, with some students achieving double Distinction for taking two exams on the same day.

Rehearsals are under way for the next examination in January and auditions will be held at Christmas for students who would like to take exams in the summer term.

For more information about LAMDA at BUCHS, contact [gwortley@buchs.co.uk](mailto:gwortley@buchs.co.uk) or speak to Mrs Wortley in the Drama Department.

Mrs Wortley, Teacher in charge of Drama

## European Day of Languages

The MFL Department held a competition to celebrate this year's European Day of Languages which took place on Monday 26th September this year. The competition was open to students in Year 7.

Three students tied for first place! Congratulations to:

India, 7U  
Aderinola, 7J  
Catherine, 7J



## Geography & Maths Inter House Challenge

Twenty four students from Years 8 and 9 took part in the inaugural Geography and Maths Cross Curricular challenge. The task involved working out coordinates, grids, flags and hemisphere knowledge to solve a mystery regarding a trip abroad. The House Prefects ran the competition, giving the next clues out only when the team had solved the one they had. This then led to information which the team could cross off to find the crucial destination.

The students worked together over lunch, and there was a really good vibrant atmosphere in the Hall as they competed to win.

Thanks to the excellent Sixth Formers who ensured the event ran smoothly.

The results were:

<b>Winners</b>	<b>Trinity</b>
<b>Runners Up</b>	<b>Clare's</b>

Brescia were placed third, Angela's fourth, John's fifth and Ursula's sixth.

Miss Scott, Miss Lake and I were all delighted to see the excitement and enjoyment of the cross curricular competition. CONGRATULATIONS to the winners and well done to all the students who took part!

Mrs Harbott, Teacher of Maths and Head of Year 7





## Harvest Festival Celebration



This year, our Harvest Festival celebration took place on Wednesday 5<sup>th</sup> October. The harvest gifts were shared between St Francis Hospice, Changing Pathways (formerly Basildon Women's Aid,) the Brentwood Foodbank and Little Havens Children's Hospice.

This harvest, there is a world food crisis. Food prices have soared, even in the UK. This crisis was not inevitable, and caused by humans. Its causes include climate change, the Covid pandemic and war in Ukraine. St Angela believed in actions and being active in our faith. As a Christian community, we focus on being of service to others by supporting various local and international charities.

As usual, our students responded very generously, prayed and made it a very special occasion.

## Retreats

Retreat is a time when, away from their usual environments, students can reflect on their growing and unique personalities, their relationships with others and with God. Retreats enable pupils to take a step back from life and reflect on their faith journey.

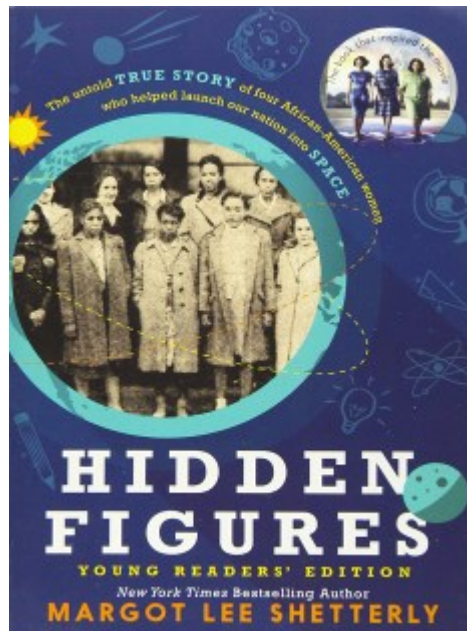


Every student in Year 7, 8 and 9 will have an opportunity for a day retreat this year which take place in our School Chapel. Year 10 students have had a residential retreat at Walsingham House.

Mr Ravi, School Chaplain

## Science Department: Book of the Half Term

### 'Hidden Figures'



'Set against the backdrop of the Jim Crow South and the civil rights movement, this is the never-before-told true story of NASA's African-American female mathematicians who played a crucial role in America's space program—and whose contributions have been unheralded, until now.

Before John Glenn orbited the Earth or Neil Armstrong walked on the moon, a group of professionals worked as "Human Computers," calculating the flight paths that would enable these historic achievements. Among these were a coterie of bright, talented African-American women. Segregated from their white counterparts by Jim Crow laws, these "coloured computers," as they were known, used slide rules, adding machines, and pencil and paper to support America's fledgling aeronautics industry, and helped write the equations that would launch rockets, and astronauts, into space.

Drawing on the oral histories of scores of these "computers," personal recollections, interviews with NASA executives and engineers, archival documents, correspondence, and reporting from the era, Hidden Figures recalls America's greatest adventure and NASA's ground-breaking successes through the experiences of five spunky, courageous, intelligent, determined, and patriotic women.

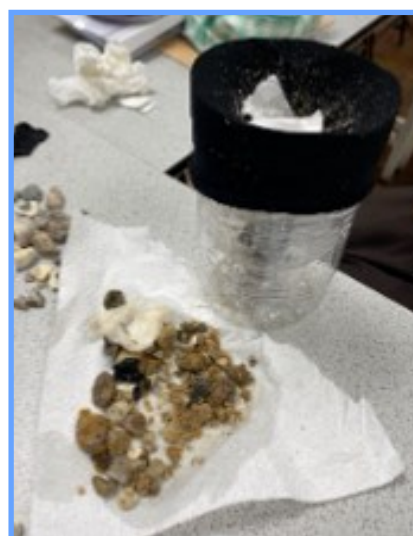
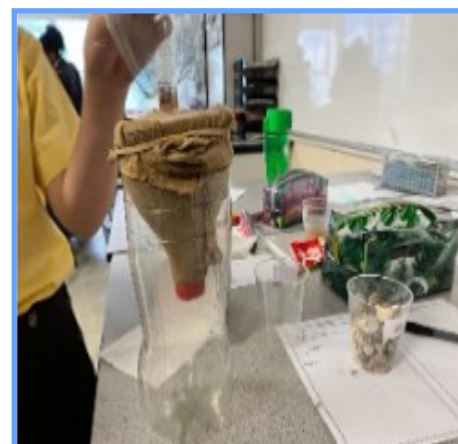
Hidden Figures interweaves a rich history of scientific achievement and technological innovation with the intimate stories of five women whose work forever changed the world—and whose lives show how out of one of America's most painful histories came one of its proudest moments.'

Available to borrow in the school library



## Curriculum Extension Day

Year 7s spent Curriculum Extension Day with their science teachers, learning about the 17 Global Goals- a set of 17 commitments made by 193 world leaders, to end extreme poverty, inequality, and climate change by 2030. One of the goals was the availability of water for all. Students were given the challenge of cleaning up dirty water, potentially making it viable for drinking. The students worked in groups to plan, design and build water filters, using basic equipment, gravel and sand. The results were impressive, and some filters produced remarkably clean looking water. Thankfully, no tasting was required, or allowed! With over 5 hours of planning, designing, building, testing and presenting, all students managed to complete the project. Their efforts will be submitted to CREST- a scheme that inspires young people to think and behave like scientists and engineers- and all our Year 7 students will receive a Discovery CREST award. Here are some photos of their projects:





## Curriculum Extension Day Continued

### Year 8 Geography Trip to Walton-on-the-Naze:

Recently, students in Year 8 have been on a school trip to Walton the Naze. This was an amazing opportunity for us to develop our understanding of coastal zones. I was personally fascinated by the pillboxes and shocked to learn that they are now in the sea. We also learned in more detail about erosion.

It was an amazing experience for us to see geographical coastal processes such as the swash and backwash. It helped us a lot with our geographical understanding of coastal zones.

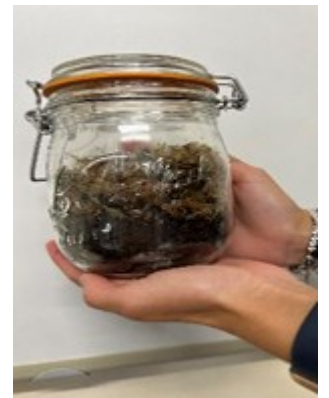
Grace, 8B



## Year 11 Geography- Recall and Enrichment

The topic of ecosystems was the focus of my Year 11 geography class on Wednesday, October 10. We began the session by reviewing the preceding learning assignments that related to this subject. After that, we worked on A-level Geography resources that involved answering questions, which helped us remember the material from our GCSEs and deepen our understanding of ecosystems. The A-level materials supplied us with additional information and covered every facet of the ecosystem topic. Then, using what we had learned, we built our own Ecosystems in a jar to illustrate the living and non-living elements of ecosystems - we used stones, soil, and moss. Applying our newly learned and recalled information helped us to retain the important details of the topic.

Gracie, 11T





## National Biology Week



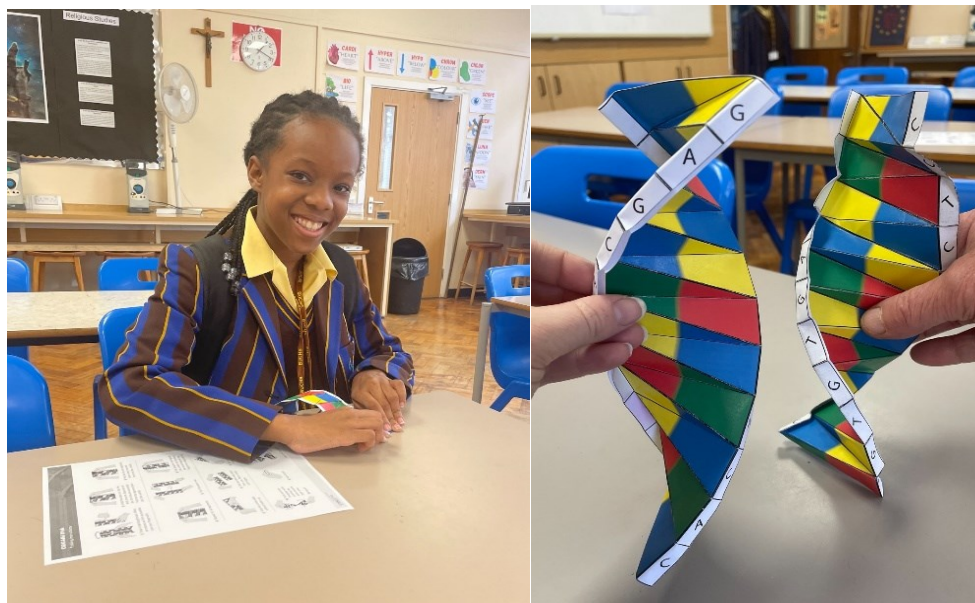
# Biology Week

To celebrate National Biology Week (03/10/22-07/10/22), the Biology department organised a range of events for students to take part in.

Every tutor group completed a Biology General Knowledge Quiz during tutor time, to learn some fun facts about Biology.

- Did you know that a cow has four stomachs?
- Did you know that 99.9% of human DNA is identical in every individual?
- Did you know that insects have the largest number of individual species out of all the animal groups?

Students also had the opportunity to build a 3D model of DNA, in our 'DNA Origami' activity. This enabled students to develop their fine motor skills (essential for aspiring medics) and to further their understanding of the complex structure of DNA.



Finally, a Biology Interhouse Competition was launched, where students watch Frozen Planet II and need to answer questions correctly. The winning house will be announced after half term.



## BUCHS Bees Club

Last term, the 'Marconi Maidens' settled into the old hive while the 'Baddow Babes' were introduced into the new one the students had assembled. The colonies are named after the areas the swarms were collected from. As the pictures evidence, the students have been getting used to donning the bee suits, using a smoker and removing frames from the supers which now have some honey.



Off to inspect...



Preparing to inspect the 'Marconi Maidens.' Charlotte is administering smoke to clear the bees from the super.



The new hive with the crown board off and a little smoke courtesy of Mia



### BUCHS Bees Club Continued



Above: Removing a frame from the super



Above: Mr Foster pointing out details



Above: The frame with honey visible as the light brown circular area in the middle. The wider creamy area is new wax comb the bees have drawn out ready for more ivy flower honey.

Many thanks to Florence in Year 11 for her photography skills and uploading the images.

### Rock Painting Club

On Wednesday lunchtimes, we hold a rock painting club for all year groups where students can come and eat their lunch whilst painting some rocks. The club has been really well attended and we had over 20 students painting this past week. All abilities are welcome, from beginners to GCSE Art students. All equipment has been provided by the school, so students just need to bring their lunch. Any questions, please see Mrs Wilkinson-Ross, Head of Year 10.





### BCYS Lourdes Pilgrimage

This summer, several of our students volunteered a week of their time to support members of our Diocese on their pilgrimage to Lourdes, France. This is the first time since Covid-19 that this pilgrimage has been able to take place.



Above: Olivia, Trinity, Rhiannon, Ella, Chloe, Claire and Ava

The 2022 pilgrimage to Lourdes is a week that I will never forget. Being surrounded by so many individuals similar to myself meant that I was able to experience my faith in a completely different manner. In speaking to new people, I could feel part of a community wider than my diocese; a community that holds no geographical divide - young people! That sense of togetherness was a beautiful way to celebrate everything that we have to be grateful for. In the course of the week, we helped older pilgrims access all parts of the site by pushing wheelchairs. Although, at times, this was a challenging task, the reward came with seeing the true joy and gratitude of the Pilgrims, who would otherwise not be able to experience such inspiring events. The garden party at the end of the week with Pilgrims and members of BCYS was a highlight for me, as everybody was given a chance to have fun together with no one being left out. Connecting with such a variety of people was such a special way to spend the week and I am so thankful that I had this opportunity.

Olivia, 13.3





@brentwoodcys  
www.bcys.net

# BCYS Events

## 2022-2023

### YOUTH MASS

**FIRST THURSDAY OF THE MONTH  
FROM 6PM  
BRENTWOOD CATHEDRAL**

OPEN TO ALL THOSE IN  
YEARS 9 AND ABOVE

NO BOOKING NECESSARY

### YOUTH GATHER

**22ND - 23RD OCTOBER 2022  
MERSEA ISLAND**

OPEN TO ALL THOSE IN  
YEARS 9 AND ABOVE

BOOKING AT [WWW.BCYS.NET](http://WWW.BCYS.NET)

### ADVENT RETREAT

**10TH - 11TH DECEMBER 2022,  
WALSINGHAM HOUSE**

OPEN TO ALL THOSE IN  
YEARS 10 AND ABOVE

BOOKING AT [WWW.BCYS.NET](http://WWW.BCYS.NET)

### FLAME CONGRESS

**4TH MARCH 2023  
WEMBLEY ARENA**

OPEN TO ALL THOSE IN  
SCHOOL YEAR 10 AND ABOVE.

BOOKING AT [WWW.BCYS.NET](http://WWW.BCYS.NET)



### LENT REVISION RETREAT

**APRIL 2023  
WALSINGHAM HOUSE**

THE RETREAT IS OPEN TO  
THOSE IN YEARS 11-13.

MORE INFORMATION AT [WWW.BCYS.NET](http://WWW.BCYS.NET)  
BOOKING OPEN ONLINE FROM JANUARY 2023

### EASTER LOURDES

**9TH - 16TH APRIL 2023  
LOURDES, FRANCE**

OPEN TO THOSE AGE 18+

FOR ALL INFORMATION, PLEASE EMAIL  
[group709@hcpt.org.uk](mailto:group709@hcpt.org.uk)

### SUMMER LOURDES

**23RD - 30TH JULY 2023  
LOURDES, FRANCE**

OPEN TO ALL THOSE IN  
YEARS 10 AND ABOVE

BOOKING ONLINE AT [WWW.BCYS.NET](http://WWW.BCYS.NET)  
FROM OCTOBER

### WORLD YOUTH DAY

**25TH JULY - 9TH AUGUST 2023  
PORTO AND LISBON**

OPEN TO ANYONE AGED 17-27 IN  
AUGUST 2023

TO EXPRESS INTEREST, PLEASE EMAIL  
[wyd@dioceseofbrentwood.org](mailto:wyd@dioceseofbrentwood.org)

INFORMATION ON ALL THESE EVENTS AND  
MORE CAN BE FOUND ON OUR WEBSITE AND  
SOCIAL MEDIA THROUGHOUT THE YEAR!

**TO BOOK NOW FOR THESE EVENTS, PLEASE VISIT [WWW.BCYS.NET/EVENTS](http://WWW.BCYS.NET/EVENTS)**

# AND MUCH MORE!



## The Listening Space

### Express Yourself Event

Our 'Listening Space' group organised a wonderful 'Express Yourself' event to raise money for the Galop Charity, in support of their hard work in helping members of the LGBTQ community who have suffered abuse or violence. The event featured poetry, dance and song performances from students, and a dance-off with staff and students, in fun pink wigs, rainbow wings and plenty of pom poms! Our canteen kindly iced the lunch time cakes in rainbow colours and we sold rainbow pin badges to students wanting to show their support. Event organisers also handed out support cards with helpful telephone numbers and websites for students. The event raised £110 for the charity and was an uplifting, carefree expression of love, where we laughed together and celebrated each other.

'The Listening Space' is a supportive, safe space for students to come and talk, every Tuesday lunchtime in T34. We welcome any student who would simply like a place to fit in, where they can truly be themselves. For further information on how you can support our events, ask your form tutor or join us on a Tuesday.

Mrs Wortley, Teacher in Charge of Drama



**PROUD  
TO BE  
URSULINE**

Looking for someone to talk to?

Join us at the

**Listening Space**

Tuesday lunchtime

T34





## PSHE

As part of an assessed piece of work, our current Year 9 PSHE students were asked to put together some guidance and advice for students moving into Key Stage 4. Students were required to reflect on mental and physical health in their work. Here are some examples from Mrs Sullivan's group:

PSHE Autumn 1 Assessment  
TASK 1  
12/10/22

Rita, 9U

**Do**

- Sleep on time
- Study
- Organised
- Concentrate
- Be independent

**Tips**

- Limit screen time
- Exercise
- Cut off caffeine
- Don't binge eat
- Have a bedtime routine
- Talk through problems
- Avoid long lie-ins

**Sleep**

Sleep is very important in your physical and even mental activity. The Average a child/teenager should sleep for is 8 to 9 hours. Sleep is important - especially going into KS4 because you need the energy that sleeping produces to go through the day. By sleeping early, the benefits are concentration, mental stability and much more.

**Be organised**

Being organised is one of the most important when transitioning to KS4. I say this because being organised can help mentally and of course academically.

**The Transition To KS4**

**Study/Revise**

Studying is very important as a student it helps academically in your education. Especially when you're in KS4 getting ready for your GCSE if you start revising and studying now the earlier the better.

**Tips**

- Have a revising strategy
- Be organised
- Focus

**DO NOT**

- Procrastinate
- Sleep really late
- Not concentrate
- Not bounce back

**Tips**

- Have a 'to-do' list
- Plan everything



PSHE Continued

Joelle, 9B

# a guide for yr 9

## Introduction

The transition from year 8 to year 9 may be hard and if not different. Things are going to change for you (or your child). This guide is to help upcoming year 9s from their transition from year 8 to adapt to their new environment. Let's talk about some of the things that could be helpful!

## Sleep

It is recommended for teenagers to get 8-9 hours of sleep on a school night. Having little amounts of sleep is not good for your health. It can cause you to make mistakes or fall asleep in class. This wouldn't be good as you're starting your GCSE course and you need as much help and knowledge you can get. Sleeping at an appropriate time and waking up at an appropriate time makes you more attentive in school; this way you can benefit.

## Organise

It is highly recommended (as a Year 9) that through your new journey you stay organised; you can do this by sorting and separating your newer books and your older books (colour co-ordination is a good idea in my opinion). It is key to stay organised because that means you are prepared for the next day. Easy accessibility is also a must (next to your bed, on the desk, dresser). Organisation links to your mind, for a clearer mind you need to stay organised or it may lead to overthinking, and this could cause restlessness.

## Food & exercise

A key factor to having the easiest life in this year is keeping yourself healthy. This means eating the more beneficial foods and having healthier drinks than fizzy drinks / high sugared drinks. As well as eating, exercise is also important. Not only is it important to your physical health, but also your mental health. After exercise your body releases serotonin (something that makes you happy) and you'll have exercised your mind. Not only does exercise make you physically fitter but it also has an aspect of making your mind and brain fitter.



PSHE Continued

*Advice for year 8*

\*Self Care Planning\*

It is extremely important to remember your own needs, even when busy with school and work life. Some things to consider: what can you do to relax? What/who makes you happy? How can you relax your body and mind? Remember to take breaks for yourself and attend to your wants/needs as well as doing your schoolwork. Self-care can be as easy as taking a nice long bath after school, or listening to your favourite music. These are easy ways to wind down after a busy day.

\*Fitness + Wellbeing\*

Your emotional and physical health can be improved drastically by exercising your body, and taking the time to focus your mind on going for a walk one evening, or going to the gym, dance classes, etc. All these things are ways to exercise and maintain fitness. It can be hard to balance personal needs/life with school and work, so even if you find five minutes in a day to stretch, that is good enough! You don't have to push yourself too hard, but a little bit a day will improve overall emotional wellbeing and physical health.

\*Sleep Schedule\*

Sleep is absolutely crucial in our lives, and a healthy sleep schedule is vital in order to have enough brain power and energy for school and clubs. To maintain a healthy sleep schedule: don't use screens or eat half an hour before going to bed, cut down on caffeine intake, and jot down any worries or jobs that you might be overthinking while trying to fall asleep. Lack of sleep affects you physically and emotionally. So, make sure to get 9 hours of sleep if you can.

\*Academics\*

You're now entering year nine, so your first year of GCSE subjects. These will be things you've chosen and hopefully really enjoy. So for the most part, have fun! A really important tip: is to be very organised and up to date with home work and your new timetable, kit, supplies, equipment, etc. You can get parents to help you make a revision guide or have little reminders around to make sure you've been on top of things. It's all about balance, so make sure you spend enough time on revision as you do homework and keep up to date by writing any important dates in your diary or planners. Good luck!

*by hannah* 9T



PSHE Continued

PSHE autumn 1 assesment task 1.  
Victoria

**Study,** is very important,

moving from KS3 to KS4. In KS4, there

Tip: you don't have to have an exam to study

will be a lot more to know and sometimes

we might not be catching up, which is

why studying and going over things is good.

**Sleep,** is also very important,

Tip: Try to sleep on time unless you have homework due the next day. you should have around 8-9 hours of sleep,

To get a better sleep, you could exercise,

even just by going on a 5 minute walk,

and drink less caffeine, which awakens your body.

**Friends,** are very useful,

they can help you with your education,

Support you, give you good advice

Tip: don't be afraid to tell a trusted friend about your worries



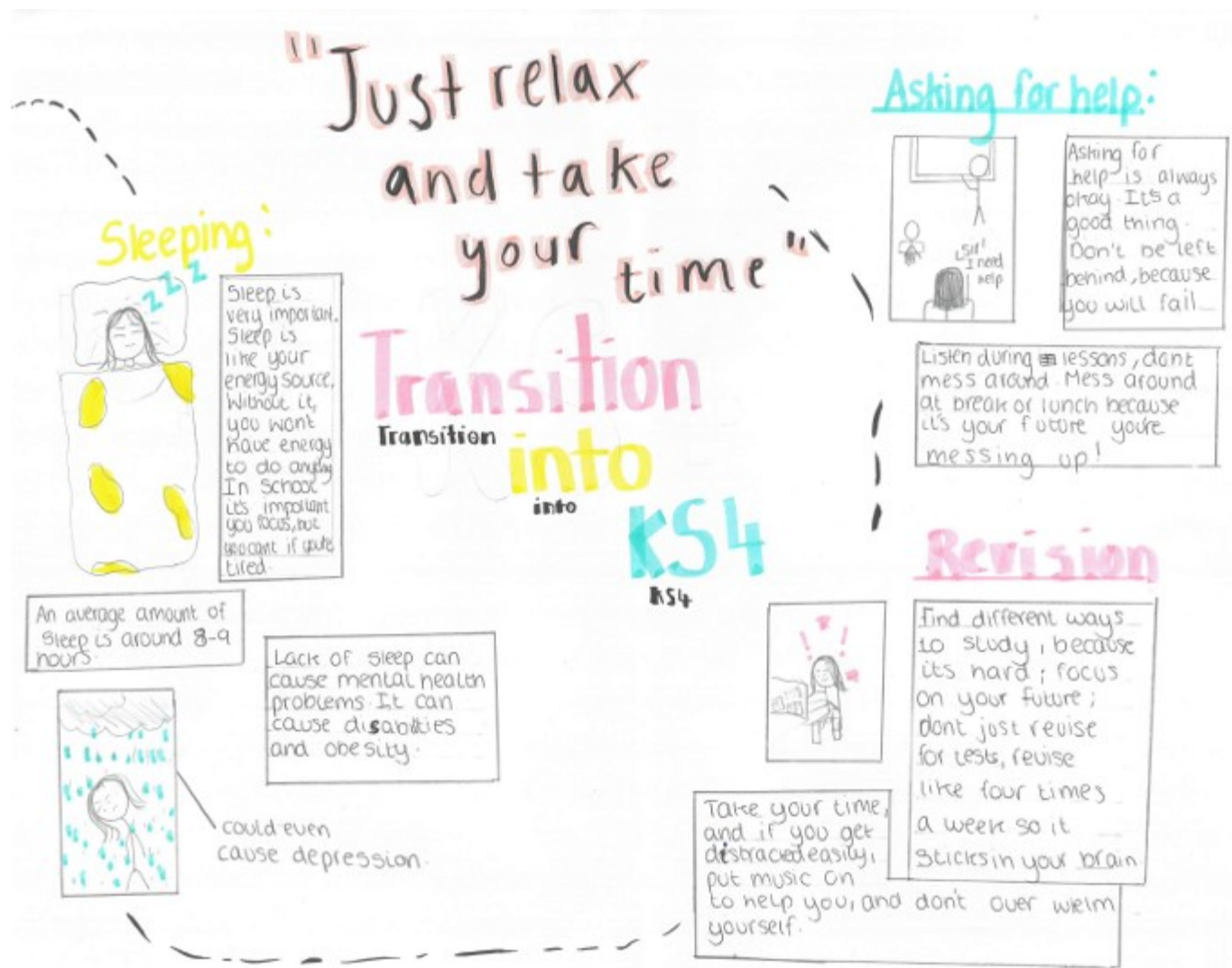
## PSHE Continued

"When my PSHE teacher told me that I needed at least 30 minutes exercise a day to feel better and perform better at school, I didn't believe her....so I put it to the test! For a week, I asked my parents to pick me up from the station every day, and in my end of week exam I scored 75%. Then, for the next week I walked home from the station which took 45 minutes. In my end of week test (doing the same amount of revision,) I scored 97%. This was an eye opener for me as it was clear that exercise worked!" Naomi, 9T

To help you stay organised in school you can:

- Put key dates in a diary or a calendar
- Create a timetable for homework and revision
- Organise your books/textbooks and also a place to study
- Have a routine for studying and homework
- Communicate with your teachers if something is confusing

Mara, 9U





## Our Walsingham House Retreat

We, 13 students from the Brentwood Ursuline Convent High School, spent 12th and 13th of October at Walsingham House in search of a religious and spiritual pilgrimage. We were welcomed warmly and began with some games before being allocated our rooms and unpacking our bags. The rooms were beautiful, with white beds and a personal bathroom per room; some had more beds than the others but were all pretty much the same. We continued our day with a visit to the site's chapel. It's a beautiful old building that creates the highest sense of faith and spiritual bonds. Later, we completed a few educational activities about refugees and their connection to God, I found this session to be very enlightening and I believe it helped our group to be more aware of those in need. After lunch, we finished our session and went on walks around the grounds. The nature was comforting and as we switched pairs throughout the garden activity, we got the opportunity to speak honestly and unite with one another; sharing ideas, conversation and opinions.

After a lovely pasta-based dinner, we made ourselves comfortable in our rooms then were requested downstairs to partake in a gameshow quiz. The quiz was a key memory for me as it truly bonded the students together. We all had fun and truly enjoyed the humour! After a few artistic and musical activities, it grew dark and the team held an amazing night prayer service for us. This was my favourite session of the retreat because I felt so incredibly close to God, as we lit candles and wrote about our aspirations.

I personally have never been very religious, but decided to go on this retreat to find my faith and something to believe in. I find having faith can make scary times easier, eg when losing a loved one can feel so devastating, having belief that they are safe and have gone home helps to feel less lost and upset about occurrences we are unable to control. I felt incredibly connected to God when receiving a first blessing by a newly ordained priest at mass the next day; it was eye-opening and for one of the first times ever, I felt completely at peace. I gained a lot out of this trip and definitely recommend a spiritual retreat to help bond yourself closer with the people around you, God and your own emotions.

A key connection I made was with myself. Self-love is so important, and my visit to Walsingham House taught me how to better understand myself, showing that to love God I must love all his creations, including me.

Becca, Year 10





## Ursuline Links



Last year, several of our Year 12 students committed to take part in the Ursuline Links initiative to support underprivileged children and families in East London, as well as the elderly.

Through their monthly meetings with Kim O'Neill (Director of Ursuline Links,) they followed the words of Jesus to ensure that they were fully prepared for the role in serving their community, and fulfilling the Brentwood Ursuline motto of 'Duty.'

Students had the option of volunteering for the 'London Social Justice' group or the 'Children's Day Camp.' Our students were described as being "committed, cheerful and willing to undertake whatever was asked of them." They were excellent ambassadors for BUCHS and Ursuline Links.

Students who volunteered: Elouise S, Evie J, Sarah P, Trinity R, Victoria A, Helen Y, Roisin M, Aislinn M, Isabelle M, Genevieve M and Abigail A.

Genevieve was also awarded a Jack Petchey Award for her excellent contributions to the project. Here she outlines some of her memories of the programme:

'I first heard about this opportunity from the launch assembly at school. I signed up to the monthly meetings after school where we did lots of fun activities, took part in interesting debates and scenarios.

Once you decide that you want to take part in a volunteering opportunity, you will attend a couple of retreat days at the Ursuline Links house in Ilford, called Desenzano. You'll get to meet all the people from other Ursuline schools that have also decided to take part. At these retreat days you will get to know people and make friends; you do all sorts of activities. I was the only student from our school doing the Children's Day Camp residential week. Everyone else was doing the London Social Justice week. I was a bit worried because I was by myself, I'm not the most outgoing person and I'm not necessarily the best at just talking to strangers and immediately becoming friends.

However, I was welcomed by the students from the other schools and people helped me with my bags. I was staying in a room with two students from The Ursuline Academy, Ilford and two students from The Ursuline High School, Wimbledon. I was really happy that they were my roommates, because we got on well. I found lots of similarities between them and myself because, in a way, they were just like me. They were there to volunteer and make some children's summer the best ever.

On the first day, we got to meet the 30 children that would be with us for the rest of the week. We did Ice Breakers and learnt about each other by designing hats and T-shirts, and playing games. The next day, we did similar things: we created bottles and a paper plate fish, which resulted in glitter going everywhere! We danced and raced around at lunch, as well as acting out scenarios. We used instruments for the acting pieces and I can't describe the noise level that was created. We were in small groups and I got to know the Year 6 students I was with so well.

Each evening, we had a reflection, prayer and general review of the day. We worked with four nuns during our time there: Sister Kathleen who is the Founder of Ursuline Links, Sister Catherine and Sister Monica were from Poland and they created a video showing how much fun we had the entire week, as well as Sister Ella from the Czech Republic who was so kind to us all.

On Wednesday, we had a day trip to SeaLife Adventure in Southend, which everyone loved. The next day I did something that I never thought I would do. We had to come up with drama activities for the next day, so I came up with an idea! The next morning, I went up to the front and performed 'We're going on a bear hunt.' It is an interactive song where I said a line and the children sang it back, and there's lots of actions for them to do as well. I felt ridiculous doing it and was completely outside of my comfort zone, but seeing everyone enjoy it made it worth it! This helped me push my limits further than I thought I could go, and it helped me learn more about myself.

On Friday it was Sports Day, so I supervised the ring toss and did the 3-legged race. We had a fair that afternoon and the children loved it. There were ice pops, Capri suns, 'hook a duck' and some of them became obsessed with the football raffle, so by the end of the day a couple of them went home with five footballs!

It was a fun and brilliant week that I would love to do again. I hope you get the opportunity to enjoy it as I did.'

Our current Year 12 students have just had the Ursuline Links programme launched to them in General RE, so I hope they have been inspired by our Year 13s to take part and volunteer their time next summer.



## Interhouse Competitions

At the end of the summer term, we completed the final of our Interhouse Competitions for the academic year 2021-2022.

Brescia House was crowned House Champions in the Cathedral on the final day of term.



Our Interhouse Competitions have already started for this academic year!

	Brescia	Clare's	Ursula's	Trinity	John's	Angela's
House Geography and Maths Challenge	40	50	10	60	20	30
Charity fundraising*				£310		
<b>TOTAL</b>	<b>40</b>	<b>50</b>	<b>10</b>	<b>60</b>	<b>20</b>	<b>30</b>

Many events are scheduled for later in the school year including:

- Biology House Challenge
- Psychology House Challenge
- RE All Saint's Day Challenge
- Interhouse Cross Country
- Chemistry Day House Challenge
- Maths Relay House Challenge
- Sports Day
- Cheerleading

\*Each house is assigned a 'House Week' throughout the school year where they raise money for the charity of their choice – this is worth double points in the overall leaderboard.

Make sure you regularly check your House Teams page for news and updates on the Interhouse events.



## Insieme Chorus

In the summer term, students from our two choirs (the Gospel Choir and the Chamber Choir) collaborated to perform as part of our united choir: Insieme Chorus.

'Insieme' means 'together' and optimises the spirit and soul of the students involved in this venture.

On the final day of the summer term 2022, the Insieme Chorus performed in the Brentwood Cathedral to the whole school; a very special occasion.

Thank you to Luciya, Jemima and Naima for their hard work in leading and preparing their peers for this special moment.

*insieme  
together*



## Safeguarding



### **BUCHS STAFF SAFEGUARDING REFERRAL GUIDELINES**










Brentwood Ursuline Convent High School is committed to safeguarding and promoting the welfare of children and young people and requires all staff and volunteers to share that commitment. This policy applies to all pupils, staff, parents, governors, volunteers, students and visitors to our school. For fuller details please refer to the school safeguarding policy or the BUCHS Safeguarding Staff Guide. The School Child Protection and Safeguarding Policy can be found on the school website; the link is [www.brentwoodursuline.co.uk](http://www.brentwoodursuline.co.uk) about the school/policies.

These staff members are the first point of contact for parents, students, teaching and non-teaching staff and external agencies in all matters of child protection.  
*\* Child Sexual Exploitation (CSE) Champion*



#### **School Safeguarding Team**

Only take this next step if you continue to have concerns about a child and feel the situation is not being addressed appropriately by the Child Protection team.

			
Angela Corless - Designated Safeguarding Lead <a href="mailto:acorless@buchs.co.uk">acorless@buchs.co.uk</a>			
Deputy Designated Safeguarding Leads			
			
Kerry Mackenzie <a href="mailto:kmackenzie@buchs.co.uk">kmackenzie@buchs.co.uk</a>	Bernadette Guler* <a href="mailto:bguler@buchs.co.uk">bguler@buchs.co.uk</a>	David Giles <a href="mailto:dgiles@buchs.co.uk">dgiles@buchs.co.uk</a>	Sally Harbott <a href="mailto:sharbott@buchs.co.uk">sharbott@buchs.co.uk</a>
			
Sam Wilkinson-Ross <a href="mailto:swilkinsonross@buchs.co.uk">swilkinsonross@buchs.co.uk</a>	Lucy Newman <a href="mailto:lnewman@buchs.co.uk">lnewman@buchs.co.uk</a>	Sinthu Ratnapalan <a href="mailto:sratnapalan@buchs.co.uk">sratnapalan@buchs.co.uk</a> <i>(Maternity Leave)</i>	Chloe Sanders <a href="mailto:csanders@buchs.co.uk">csanders@buchs.co.uk</a> <i>(Maternity Leave)</i>

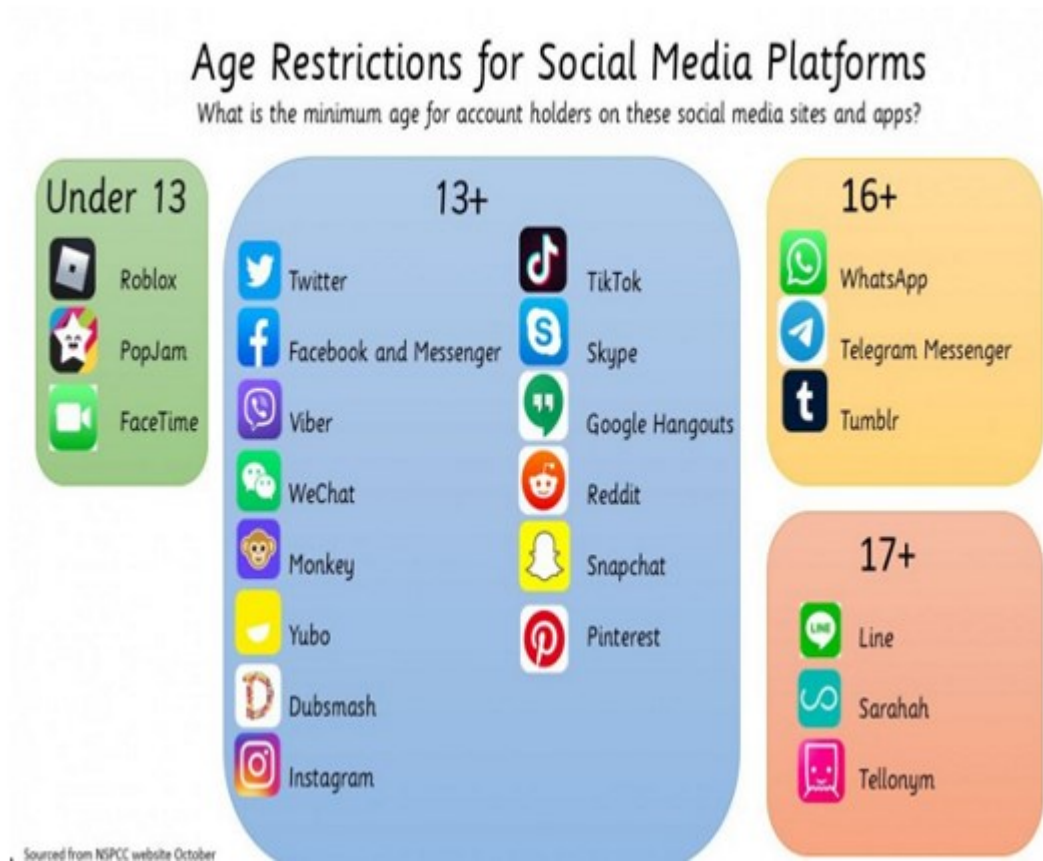
**How to make a referral to the Children and Families Hub**  
 Mon – Thurs 8.45am – 5.30pm and Fri 8.45am – 4.30pm  
**0345-603-7627** (Out of Hours: 0845-606-1212)

An adviser will listen to and respond to your concerns and will signpost support depending on the level of need identified.

**Radicalisation Concerns**  
 Act Early Support Line - 0800 011 3764



## Safeguarding Continued



## Netball

The Year 10 netball team travelled over to Brentwood School for the Borough Rally a few weeks ago. This was the first match of the season for them, but they played like they had been playing in matches all summer together. The team were unbeaten all evening and came away as borough champions, beating Brentwood School and St Martins School into 2<sup>nd</sup> and 3<sup>rd</sup> places.

Well done to all the team!

Mrs Wilkinson-Ross, PE Teacher and Head of Year 10





### Netball Continued

The Under 19s Netball Team played in the borough rally last week at Brentwood School. This was the first time the team had played together as it is a mixture of three-year groups. Other schools had a majority of Year 13 players against our mainly Year 11s and so to be semi finalists in the borough was an amazing achievement. They only lost to Brentwood School who were eventually champions, and who were all Sixth Form students. Well done to all the girls who played!

Mrs Wilkinson-Ross, PE Teacher and Head of Year 10

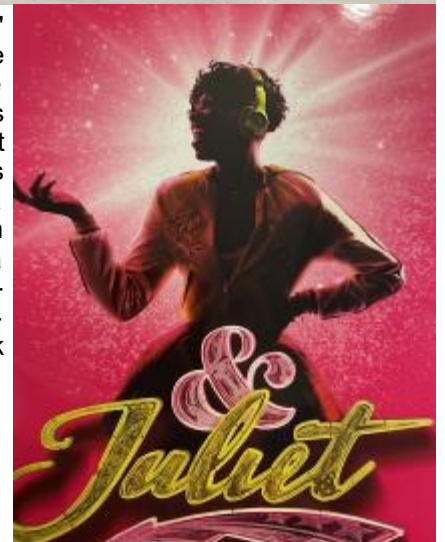


### Year 9 Theatre Trip



Year 9 students were invited to attend the West End theatre production '&Juliet,' the musical reimagining of the Shakespearean tale of love and loss, but this time with a happier ending. The weather was scorching hot as we hid under the shade of the trees outside the Shaftesbury Theatre; the 50 staff and students eager to see the modern Jukebox musical. An empowering production that brings the classic tale up to date with modern pop songs and alternative endings for both Romeo and Juliet. We were lucky enough to see the incredible Keala Settle (Greatest Showman) in the role of the nurse and the inspirational Miriam Teak-Lee as a feisty, contemporary Juliet. With the lyrics to the songs on a screen to our left we were able to sing along... and we did! A wonderful (yet tiring) experience for all. Students were a credit to the school with their impeccable behaviour, and it was wonderful to be able to see live performance work once again. I look forward to the next trip!

Mrs G Wortley, Teacher in Charge of Drama





## My Migration Story – Year 8 History

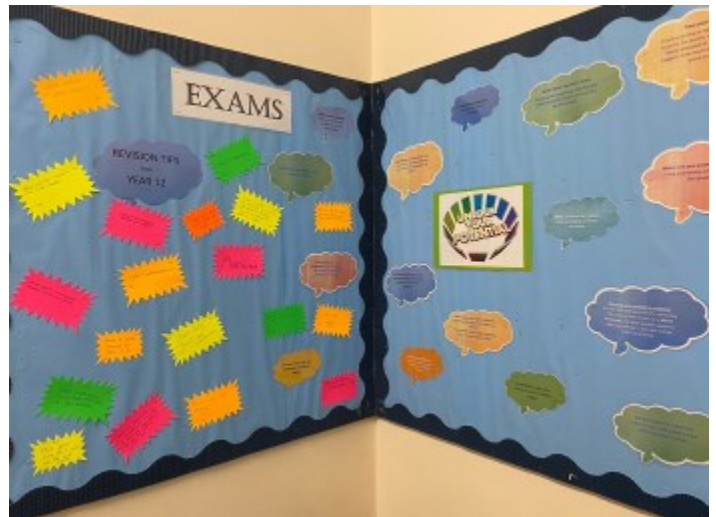
This term, History students in Year 8 have been studying the topic of 'Migrants in Britain' in their lessons. As part of a homework project, they were tasked with researching the life story of someone who came to the UK as a migrant and telling 'My Migration Story.' They then presented their work to the class. We heard a range of amazing stories – for example migrants fleeing Nazi persecution in Germany, and people escaping the conflict in Cyprus in the 1950s. There were a number of excellent pieces of work which showed mature historical understanding. Congratulations to the following students: Makarria 8T, Cassy 8T, Bernice 8T, Joyce 8T and Shekinnah 8T, Awura and Hannah in 8A, Hollie, Anna and Ronni in 8U. They all received achievement points for their commendable work and effort.

Mrs Cooper (Head of History)



## Thank You Year 12!

The Year 12's have kindly provided revision tips to help our students with upcoming exams benefit from their experience. If you would like to see the board, or need some assistance with preparing for your exams, pop by the Exams Office. The Exams office can be found next to the dining room.



Miss Wilcox, Exams Officer

## Art

### GCSE and A-level Success!

BUCHS students shine bright again, producing exceptional artwork!

Our GCSE and A-level Art students have once again worked with courage and resilience throughout their courses and have produced high quality work.

Studying a variety of themes: food, natural form, insects, architecture, birds, reptiles, flowers, landscape and portraiture, they have delighted us with their exceptional ideas and work. Students have experimented with and explored media and techniques with confidence, producing exciting work.

Our main display in the large dining hall showcases much of the students' work from last year's GCSE and A-level groups.

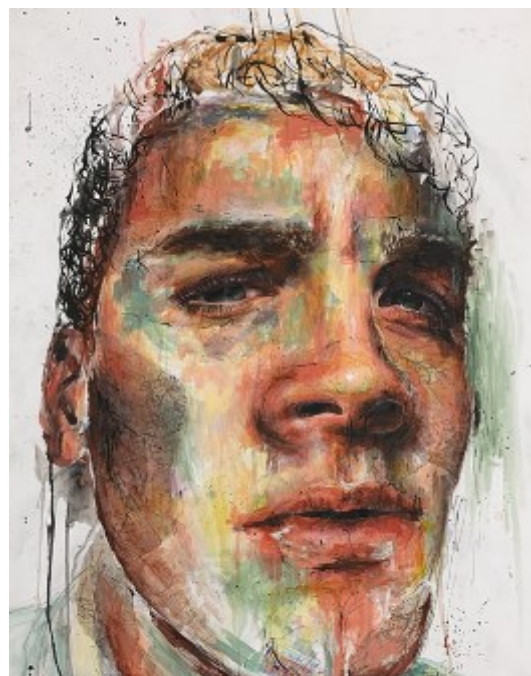
Well done to all our fabulous GCSE and A-level students; we are so proud of you!

On the following pages are some examples of our students' work.





Art Continued





**Art Continued**



**Resilience**



**Creativity**



**Co-operation**

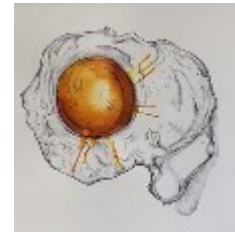




Art Continued



Concentration



Communication





**Art Continued**



**Exceptional**



**Observation**



**Independence**



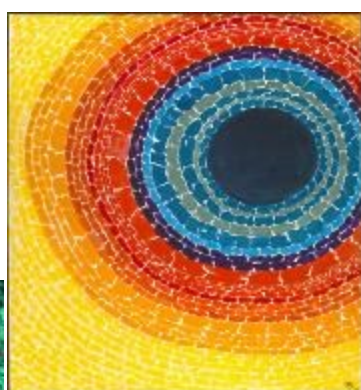


## Art Continued



The Art & Design Department is enjoying celebrating the wonderful contribution black artists have made to the art world. Students have been introduced to the work of historical, modern and contemporary black artists from all over the world. From the sculpture of Augusta Savage, the paintings of Alma Thomas, to the quilted works of Bisa Butler, and the wonderful portraits of Kehinde Wiley. These are just a few of a long list of black artists whose work and creativity enriches the art world.

Alma Thomas (1891-1978) was a painter and art educator. Her work has been the inspiration for a collaborative extra-curricular art project for our students. We have taken inspiration from this pioneering black female artist, who was the first black woman to have a solo exhibition at New York's 'Whitney Museum' and exhibited her paintings at the White House three times. Thomas' abstractions have been compared with Byzantine mosaics and the Pointillist technique of Georges Seurat, yet her work is distinctive and exciting. Her signature abstract painting style often consisted of broad, mosaic like patches of vibrant colour applied in concentric circles, which has particularly captured our imaginations. Thomas was inspired by the colour and light that she observed in nature. Her paintings have a spiritual quality to them, especially 'Resurrection,' 1966, pictured below right, which was acquired by Michelle Obama, to hang in the White House.



We look forward to showcasing our students' work inspired by Thomas in our next newsletter.

'When I entered the Art room, it was like entering heaven.' Alma Thomas



Students have enjoyed finding out about Yinka Shonibare's 'The British Library,' a tribute to diversity, exhibited at the Tate Modern. Shonibare CBE RA, is a British-Nigerian artist, whose work explores race, class and cultural identity through the media of sculpture, painting, photography, installation art, and more recently, film and performance.

Shonibare's works are held in notable museum and gallery collections throughout the world, including the Tate Collection, London, the Victoria and Albert Museum, London, the Museum of Modern Art, New York and the National Gallery of Modern Art in Rome, to name a few. In 2010, his first public art commission, 'Nelson's Ship in a Bottle' was displayed on the Fourth Plinth in Trafalgar Square, London.

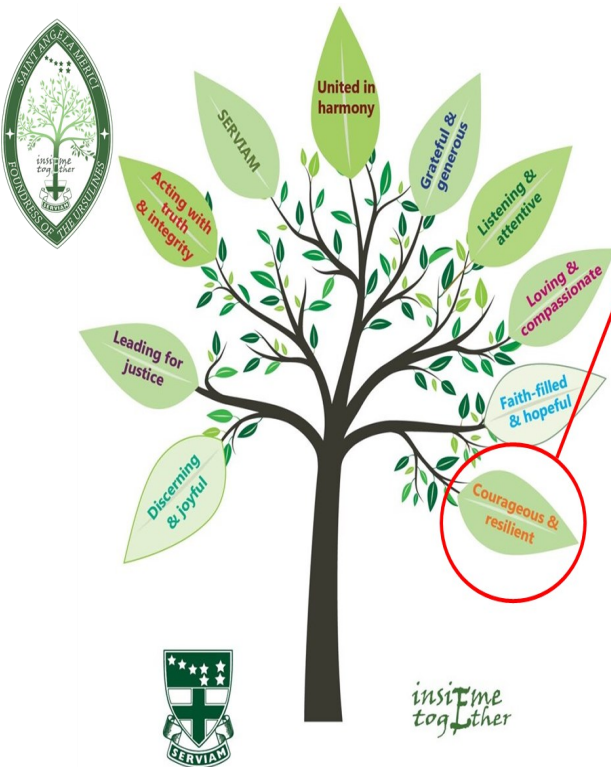
'The British Library' is an installation artwork. It is a library made up of over 6,000 books covered in brightly coloured Ankara fabric, Dutch Wax Print, a trademark of Shonibare's work, which has a complicated history. The visual impact is stunning, but the books in the work represent many different family histories. The artwork asks us to think about all the families who have come to Britain. It asks us to consider identity, what it means to be British and how we can celebrate the importance and contributions of immigrants to British society.





## Art Continued

**Ursuline Virtue of 'Courageous & Resilient'**  
The Art & Design Department and our students this term



*"Act, move, believe, strive, hope, cry out to him with all your heart for without doubt you will see marvellous things."*

*St Angela, Prologue to the Counsels, 16-18*

Being courageous means showing the quality of being ready and willing to face situations resolutely, that may be negative or require bravery. It can also mean standing up for what is right or for other people or helping someone in need in some way, even if it is difficult. Essentially it is about 'doing the right thing...even when no-one is looking.'

In the Art Department, staff and students have focussed our work and lessons this term on this important virtue, which we see as core to being successful learners. We have thought about how we demonstrate this virtue in our actions and interactions with others, in our Art & Design studies and in our Art & Design lessons.

As artists, we are courageous in our work and resilient in our creative endeavours. We are always faced with the blank page, canvas or fabric, which can be daunting. Students are encouraged to have the confidence to know that they are exceptional learners who can face this challenge. The work we do is challenging, but we face this courageously and with resilience. We have confidence in our creativity and in our ability to navigate creative challenges. Well done to all our students for embracing their work and demonstrating courageousness and resilience.

As a school community, this half term, we are focusing on the virtue of 'Courageous & Resilient.'

Students in an Ursuline school are growing to be individuals who are...

***'courageous in their actions and interactions with others and resilient in the face of challenge and change.'***

In the safe and secure environment of our school and our lessons, students can mature as courageous, informed citizens of the world, fully aware of the dignity of the person, and can grow as young adults who are both emotionally and spiritually resilient.

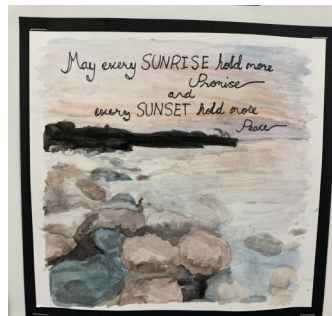
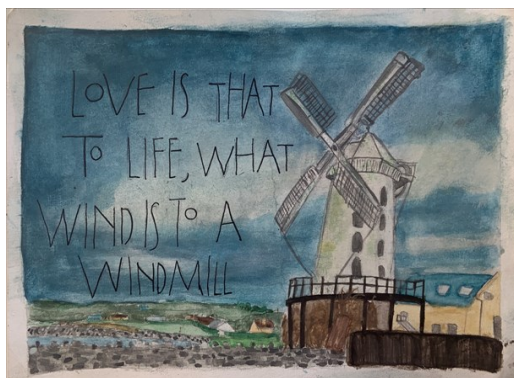
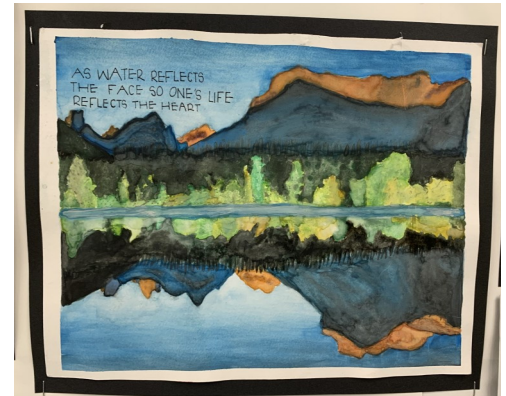




## Art Continued

**“Artists of every discipline, are called to shine beauty.” Pope Francis**

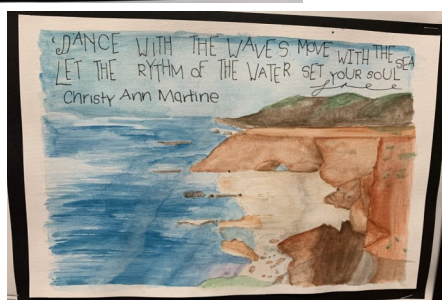
Last term, our Year 8 students took inspiration from beautiful landscapes found throughout the world. They created stunning watercolour studies, often of a place that meant something to them. Students also combined the written word into their pieces inspired by the artist, Sam Cannon, and the place they were representing. This contributed an additional layer of meaning and allowed students to see how they could create work that combined other elements of their studies.



Take a good look at God's wonders – they will take your breath away.' Psalm 66:5



Well done to our Year 8 Art students for these beautiful landscape studies.





## Art Continued

### Her Majesty Queen Elizabeth II

Year 8 student Mia in 8C produced this superb portrait of The Queen to mark her Platinum Jubilee. Mia's work was exhibited in her local village, Bradwell on Sea.

Mia captured The Queen in great detail and her piece is now a fitting tribute to Her Majesty, whose life of service to our country is an example to us all.



*"Our modern world places such heavy demands on our time and attention that the need to remember our responsibilities to others is greater than ever."*

- HM Queen Elizabeth II in her Christmas broadcast, 2002.



Pope Francis joined everyone "in praying for the late Queen's eternal rest, and in paying tribute to her life of unstinting service to the good of the Nation and the Commonwealth, her example of devotion to duty, her steadfast witness of faith in Jesus Christ and her firm hope in his promises."

May Her Majesty The Queen Rest in Peace.





**Youth Service**

Essex County Council  
**YOUTH SERVICE**

You can only be heard  
if you speak up

**Want to have your voice heard?**

The Young Essex Assembly is the elected Youth Council for Essex representing the voice of young people.

If you live or go to school in Essex and are aged between 11-19 or up to 25 if you have additional needs, take your first step to have your voice heard and start your journey to influence change by contacting us today using the details below.

Contact: Email: [yea@essex.gov.uk](mailto:yea@essex.gov.uk)    [@youthessex](https://twitter.com/youthessex)  
or visit our website [www.young-essex-assembly.org.uk](http://www.young-essex-assembly.org.uk)

**Please note that the deadline for applications is the end of November**



**CO-CURRICULAR ACTIVITIES 2022-2023 (AUTUMN TERM)**

For Any DoE Enquiries please see Mr. J. Addicott.

DAY	TIME	ACTIVITY	LOCATION
<b>MONDAY</b>			
<b>Lunchtimes</b>	12:50	GCSE Dance intervention & support	Dance Studio
	Lunchtime	PE All years Rackets Sports Recreational (SB/RBO)	Merici Hall
	Lunchtime	Yr. 11 GCSE Science Intervention (students to be invited) (Wk. B)	A21/A22/A26
	Lunchtime	Yrs. 7&8 Friendship Club	T43
	13:00-13:25	Yr. 7 Drama Club	U24
	Lunchtime	Yr. 11 Set 1 Further Maths (SMO)	A35
	13:00-13:30	Learning Support Lunch Club (TO)	Learning Support
	Lunchtime	GCSE Art (priority to Yr. 11) (YMC)	C12
	Lunchtime	GCSE Art & Textiles (priority to Yr. 11) (CST)	T37
	Lunchtime	GCSE Spanish revision (Wk. A) (LFH)	T42
	Lunchtime	GCSE French revision (SYA)	T41
<b>After School</b>	15:15	PE Fixtures	
<b>TUESDAY</b>			
<b>Lunchtimes</b>	12:50	PE Yr. 11 GCSE Intervention (KM)	MH2
	Lunchtime	Debate Club (held Fortnightly) (DEA)	J31
	Lunchtime	Yrs. 9+ Senior Dance Company (CH)	Dance
	13:00-13:30	Learning Support Lunch Club (TO)	Learning Support
	Lunchtime	PE Yrs. 8&9 Netball (LN)	Merici Hall
	Lunchtime	PE Yrs. 10&11 Football (RBO)	Netball Courts
	Lunchtime	String Orchestra (AMC)	C3.1
	Lunchtime	GCSE Geography Intervention (ELL)	U22
	Lunchtime	Yrs. 7&8 "The Listening Space" (Wk. A)	Blessed Sacrament Chapel
	Lunchtime	Yrs. 9,10,11 "The Listening Space" (Wk. B)	Blessed Sacrament Chapel
	Lunchtime	KS5 Biology Intervention	A12
	Lunchtime	KS5 Physics Intervention	A34
	Lunchtime	GCSE Art (priority to Yr. 11) (YMC)	C12
	Lunchtime	GCSE Art & Textiles (priority to Yr. 11) (CST)	T37
<b>After School</b>	15:10-16:10	Yrs. 8,9,10 Performance from Text	Drama Studio
	15:15-16:15	GCSE Art (priority to Yr. 11) (YMC)	C12
	15:15	PE Yr. 7 Netball (SB/SWR)	Netball Courts/Merici Hall
	15:15	PE Yrs. 8&9 Football (LG/AH)	Football Pitch
	15:15-16:15	GCSE Art & Textiles (priority to Yr. 11) (CST)	T37
	15:15	Yr. 11 French Intervention (DS)	J22



**CO-CURRICULAR ACTIVITIES 2022-2023 (AUTUMN TERM)**

<b>WEDNESDAY</b>			
<b>Lunchtimes</b>	12:50	Yrs. 7&8 only Dance Junior Company	Dance Studio
	Lunchtime	PE Yrs. 7,8&9 Basketball (LG)	Meridi Hall
	Lunchtime	PE Rock Painting (SWR)	MH2
	Lunchtime	KS4 Chemistry Intervention & workshop (HC)	A23
	Lunchtime	Yr. 10 BUCHS Geographical Society (ELL)	U22
	13:00-13:25	Yrs. 7,8,9 Theatre Design Club	U24
	13:00-13:30	Learning Support Lunch Club (TO)	Learning Support
	Lunchtime	KS4 Chemistry Workshops (HC)	A23
	Lunchtime	Gospel Choir	C32
	Lunchtime	GCSE History mentoring	J33
	Lunchtime	GCSE Art (priority to Yr. 11) (YMC)	C12
	Lunchtime	GCSE Art & Textiles (priority to Yr. 11) (CST)	T37
<b>After School</b>	15:15	PE All years Hockey (Gumshield & Shin Pads required) (SWR)	Courts
		PE All years Rugby (RBO)	Top Field
	15:15-16:15	A Level Photography (Wk. A) (JGI)	U11
<b>THURSDAY</b>			
<b>Lunchtimes</b>	12:50	All years Ballet Company	Dance Studio
	12:50	PE Yr. 7 Netball (SWR/RBO)	Meridi Hall
	12:50	PE All years Volleyball (LG)	Gym
	13:00	Justice & Peace Group (Wk. B) (JRA)	Chapel
	Lunchtime	KS5 Chemistry Intervention	A23
	Lunchtime	Creative Writing (JK)	T25
	13:00-13:25	Yr. 8 GCSE Drama Taster Club	U24
	Lunchtime	Yr. 10 BUCHS Geographical Society (Wk. A) (ELL)	U22
	Lunchtime	Yrs. 7&8 Globbusters (Wk. B) (ELL)	U22
	13:00-13:20	Yr. 11 RE Judaism Intervention (Wk. B)	T34
	Lunchtime	Yrs. 7&8 The History Detectives (History Club) (WK. A)	J32
	Lunchtime	GCSE Art (priority to Yr. 11) (YMC)	C12
	Lunchtime	KS3 Art Club (JGI)	B11
	Lunchtime	GCSE Art & Textiles (priority to Yr. 11) (CST)	T37
	Lunchtime	GCSE Spanish revision (Wk. B) (LFH)	T42
<b>After School</b>	15:15	Chamber Choir (RH)	C3.2
	15:15-16:15	GCSE Art (priority to Yr. 11) (YMC)	C12
	15:15	PE U14&U16 Netball (LN)	Meridi Hall
	15:15	PE Yr. 7 Football (LG)	Field
	15:15	Eco-Club (Wk. B) (AHU)	A21
	15:15-16:15	GCSE Art & Textiles (priority to Yr. 11) (CST)	T37
	15:15-16:15	A Level Photography (Wk. B) (JGI)	U11
	15:15	GCSE French revision (SYA)	T41



**CO-CURRICULAR ACTIVITIES 2022-2023 (AUTUMN TERM)**

<b>FRIDAY</b>			
<b>Lunchtimes</b>			
	13:00-13:25	LAMDA Club (invite only)	Drama Studio
	12:50	All years Tap Company	Dance Studio
	Lunchtime	PE Yrs. 10-13 Basketball (RBO)	Merici Hall
	Lunchtime	Yrs. 7&8 Friendship Club	T43
	Lunchtime	Initiation to Russian (Wk. B) (DS)	J22
	13:10-13:30	14/10/22 Yr. 7 Food tasting session – Breads of the World (RP)	T21
	13:10-13:30	21/10/22 Yr. 8 Food tasting session – Breads of the World (RP)	T21
	Lunchtime	KS3 Yrs. 7&8 STEM Club (Wk. B)	A24
	Lunchtime	GCSE Art (priority to Yr. 11) (YMC)	C12
	Lunchtime	Yrs. 7&8 Online Art Club drop-in session for extra help/guidance (YMC)	C12
	Lunchtime	GCSE Art & Textiles (priority to Yr. 11) (CST)	T37
	Lunchtime	Yrs. 7&8 Online Textiles Club drop-in session for extra help/guidance (CST)	T37
	Lunchtime	GCSE Spanish revision (Wk. B) CG	T36
	Lunchtime	Yrs. 7-9 French Club (Wk. B)	T41
	Lunchtime	Initiation to Russian (Wk. B) (DS)	J22
<b>After School</b>			
	15:15	Staff Sport	
	15:10-16:00	Dance Club (CH)	Dance Studio
	15:10-16:10	Whole School Production (starts December)	U24



**Parent/Student Calendar**

<u><b>AUTUMN TERM</b></u>		
<b>Wk 9A</b>		<b>Accepting One Another</b>
Mon	31/10/22	9J Retreat.
Tue	01/11/22	<b>Saint of the Month: St Cecilia.</b> <b>All Saints Day (Holy Day of Obligation) – (Yrs 7&amp;8 at the Parish Mass)</b>
Wed	02/11/22	Children's Society Course in large meeting room behind reception. 10 - 10.50 - Year 7 and 11.10 - 12.00 - Year 8
Thur	03/11/22	<b>Sixth Form Open Evening 6:30-8:30pm with Headteacher's Talk at 6:30pm.</b>
Fri	04/11/22	<b>Wear Something Pink for Breast Cancer Support Day</b>
Sat	05/11/22	
Sun	06/11/22	
<b>Wk 10B</b>		<b>God of the Living and of the Dead</b>
Mon	07/11/22	9A Retreat. Yr 10 Geography Field Trip Epping Forest 8:50-3:10
Tue	08/11/22	7B Retreat.
Wed	09/11/22	Children's Society Course in large meeting room behind reception. 10 - 10.50 - Year 7 and 11.10 - 12.00 - Year 8
Thur	10/11/22	7C Retreat.
Fri	11/11/22	Remembrance Day Silence
Sat	12/11/22	
Sun	13/11/22	
<u><b>Wk 11A</b></u>		<b>Hard Work</b> <b>World Kindness Day/National Anti-Bullying Week</b>
Mon	14/11/22	Yr 11 Geography Field Trip Epping Forest 8:50-3:10 7U Retreat.
Tue	15/11/22	7T Retreat.
Wed	16/11/22	Children's Society Course in large meeting room behind reception. 10 - 10.50 - Year 7 and 11.10 - 12.00 - Year 8
Thur	17/11/22	<b>Yr10 Parent Consultation Eve – Virtual, 4.30-7.10pm.</b>
Fri	18/11/22	
Sat	19/11/22	
Sun	20/11/22	<b>"TAPATHON" In the Dance Studio.</b>
Sun	04/12/22	



**Parent/Student Calendar**

<a href="#"><u>Wk 14B</u></a>		<b>Change Your Ways</b>
Mon	05/12/22	<b>Yr11 &amp; Yr13 Autumn Exam Series. Merici Hall.</b>
Tue	06/12/22	<b>Yr11 &amp; Yr13 Autumn Exam Series. Merici Hall.</b>
Wed	07/12/22	<b>Yr11 &amp; Yr13 Autumn Exam Series. Merici Hall.</b> Scholastic Book Fair in library Children's Society Course in large meeting room behind reception. 10 - 10.50 - Year 7 and 11.10 - 12.00 - Year 8
Thur	08/12/22	<b>Yr11 &amp; Yr13 Autumn Exam Series. Merici Hall.</b> Scholastic Book Fair in library
Fri	09/12/22	<b>Yr11 &amp; Yr13 Autumn Exam Series. Merici Hall.</b> <b>Christmas Jumper Day</b> Scholastic Book Fair in library
Sun	11/12/22	<b>Technical Set Up for Dance Show – Main Hall.</b>
<b>Wk 15A</b>		<b>Rejoice! The Lord is Coming</b>
Mon	12/12/22	<b>Technical Run Through for Dance Show during the day (students to come off timetable) – Main Hall.</b> Scholastic Book Fair in library
Tue	13/12/22	<b>CHRISTMAS DINNERS</b> Scholastic Book Fair in library <b>Dance Show (Evening) – Main Hall.</b>
Wed	14/12/22	Yr 10 Cultural Trip to Cliffs Pavillion <b>CHRISTMAS DINNERS</b> <b>Dance Show (Evening) – Main Hall.</b>
Fri	16/12/22	<b>Y11 Mocks for Textiles and Art.</b>
<b>Wk 16B</b>		<b>Peace on Earth, Good Will Toward All</b>
Mon	19/12/22	
Tue	20/12/22	Last day of Term – End of Term Advent Service (two services 10.30am and 12.00pm. Last Day of Term (Early Closure).
Wed	21/12/22	Christmas Holidays.
Thur	22/12/22	Christmas Holidays.
Fri	23/12/22	Christmas Holidays.
Sat	24/12/22	Christmas Holidays.
Sun	25/12/22	Christmas Holidays.
Mon	26/12/22	Christmas Holidays.
Tue	27/12/22	Christmas Holidays.
Wed	28/12/22	Christmas Holidays.
Thur	29/12/22	Christmas Holidays.
Fri	30/12/22	Christmas Holidays.
Sat	31/12/23	Christmas Holidays.
Sun	01/01/23	<b>Saint of the Month: St Francis de Sales.</b>



### Term Dates For 2022-23

<b>Autumn Term (2022)</b>	
Fri 2 <sup>nd</sup> September 2022	Phased return of Yrs 7&12 (9-10am only) timetables.
Mon 5 <sup>th</sup> September 2022	All students return.
<b>Mon 24 Oct – Fri 28 Oct 2022</b>	<b>Autumn Half Term.</b>
Mon 31 <sup>st</sup> October 2022	Students return.
Tue 20 <sup>th</sup> December 2022	Last Day of Term. (Early closure).
<b>Spring Term (2023)</b>	
Wed 4 <sup>th</sup> January 2023	Students return.
<b>Mon 13<sup>th</sup> – Fri 17<sup>th</sup> Feb 2023</b>	<b>Spring Half Term.</b>
Mon 20 <sup>th</sup> February 2023	Students return.
Fri 31 <sup>st</sup> March 2023	Last Day of Term. (Early closure) (Students break up for Easter Hols).
<b>Summer Term (2023)</b>	
Mon 17 <sup>th</sup> April 2023	Students return
Mon 1 <sup>st</sup> May 2023	May Bank Holiday.
<b>Mon 29 May - Fri 2 Jun 2023</b>	<b>Summer Half Term.</b>
Mon 5 <sup>th</sup> June 2023	Students return
Fri 14 <sup>th</sup> July 2023	Last Day of Term for students (Early closure).
<b>Staff Training Days (Non Pupil Days)</b>	
Thursday 1 <sup>st</sup> September 2022 – Staff Training Day.	
* Monday 17 <sup>th</sup> July, Tuesday 18 <sup>th</sup> July, Wednesday 19 <sup>th</sup> July, Thursday 20 <sup>th</sup> July 2023.	

### Term Dates For 2023-24

<b>Autumn Term (2023)</b>	
Weds 6 <sup>th</sup> September 2023	Phased return of Yrs 7 and 12.
Thurs 7 <sup>th</sup> September 2023	All students return.
<b>Mon 23 Oct – Fri 27 Oct 2023</b>	<b>Autumn Half Term.</b>
Mon 30 <sup>th</sup> October 2023	Students return.
Thurs 21 <sup>st</sup> December 2023	Last Day of Term. (Early closure).
<b>Spring Term (2024)</b>	
Mon 8 <sup>th</sup> January 2024	Students return.
<b>Mon 19 – Fri 23 Feb 2024</b>	<b>Spring Half Term.</b>
Mon 26 <sup>th</sup> February 2024	Students return.
Thurs 28 <sup>th</sup> March 2024 (Maundy Thursday)	Last Day of Term. (Early closure) (Students break up for Easter Hols).
<b>Summer Term (2024)</b>	
Mon 15 <sup>th</sup> April 2024	Students return
Mon 6 <sup>th</sup> May 2024	May Bank Holiday Monday.
<b>Mon 27 May - Fri 31 May 2024</b>	<b>Summer Half Term.</b>
Mon 3 <sup>rd</sup> June 2024	Students return
Fri 19 <sup>th</sup> July 2024	Last Day of Term for students (Early closure).
<b>Staff Training Days (Non Pupil Days)</b>	
Monday 4 <sup>th</sup> September 2023, Tuesday 5 <sup>th</sup> September 2023, *Friday 22 <sup>nd</sup> December 2023, *Monday 22 <sup>nd</sup> July 2024, *Tuesday 23 <sup>rd</sup> July 2024	

\*22<sup>nd</sup> Dec 2023, 22<sup>nd</sup> & 23<sup>rd</sup> July 2024 commuted for teaching staff to twilight training sessions.