

30 JUNE 2023

ST CATHERINE'S NEWSLETTER

"Be who God wants you to be, and you will set the world on fire." - St Catherine of Siena



Newsletter Highlights

YEAR 9 AND 10 TRIP TO ICELAND

PREP PRODUCTION OF *JOSEPH*

YEAR 10'S SIXTH FORM EXPERIENCE

YEAR 7'S ROCKLEY RESIDENTIAL

PREP TRIP TO LONDON ZOO

SPORTING SUCCESS!

Year 9 and 10 Trip to Iceland

Year 9 and 10 experienced the natural wonders of Iceland in the May half term holiday. We managed to escape Heathrow before the passport gates malfunctioned and after a short diversion to some hot springs we arrived at the hotel. This was located in the coastal village of Eyarbakki which provided the girls with an eye opening view of rural Iceland, we did not see a single person on the street during our stay! Excursions included a visit to idyllic Fontana spa and sauna with a beautiful lake and mountain backdrop. We visited the Thingvellir National Park where the American and European plates are moving apart and saw some awe-inspiring waterfalls. The girls also donned helmets and crampons for an exciting and cold trip up a glacier with the chance to drink the freshest cold water taken from the melting ice. We would like to commend all the girls for their great humour and positive approach.



Year 9 and 10 Trip to Iceland



Year 1, 2 and 4 Trip to London Zoo

Year 1, 2 and 4 went on a trip to London Zoo. We saw lots of animals including gorillas, penguins and giraffes. We found out lots of fascinating facts and had a wonderful time in the sunshine.

"I liked seeing the Komodo dragon especially because it had no predators that could eat it." - Hattie, Year 1

"I liked the trip to London Zoo. My favourite part was the penguins in the paddle pool because I liked watching them swim and twirl in the water." - Anaya, Year 2



Year 7 Trip to the Globe Theatre



On 17 May all of Year 7 set off to experience the joy of Shakespeare at the Globe Theatre. It was a glorious day and the girls were treated to a tour of the theatre with highly knowledgeable guides. We explored the pit and learnt about what it was like to be a 'penny-stinker' who could not afford to spend more than three meals' worth of money on a seat and a cushion. We then split into groups to have a workshop with the Globe actors exploring *A Midsummer Night's Dream* in the Globe rehearsal rooms. It was a great day in preparation for the girls' next unit exploring Shakespeare.

Year 8 Trip to Strawberry Hill House

On 28 May Year 8 took the short walk to Strawberry Hill House to experience a morning of Gothic entertainment. We split into three groups: the first undertaking a tour that included plenty of jump scares, actors in full costume, hidden doorways, passages that led nowhere and galleries full of ghosts; the second making comic strips by photographing themselves in full costume with a range of props; and the third exploring the features of the genre through a range of media including an extract from the first Gothic novel *The Castle of Otranto* set in Strawberry Hill House.

It was a great day out that has prepared Year 7 beautifully for their work on *Frankenstein* this half term.



Musical Theatre Success

On 3 May, I made my way to LVS, a school in Ascot, to compete in the ISA Musical Theatre Competition finals. Nervous and excited, I couldn't wait to perform on stage in front of a panel of judges and an enthusiastic crowd! I performed in the KS5 category alongside many talented 17 and 18 year old singers from across the country. I sang Andrew Lloyd Webber's *Think of Me* from the *Phantom of the Opera* and was thrilled to be awarded the Highly Commended ISA Arts Award.

I am so grateful for this opportunity. Thank you Mrs Neale for organising this for me and for accompanying and supporting me throughout this journey.

I would also love to say a big thank you to my A Level music class for coming along to support me. It was such an amazing experience!

Sophie, Year 12



Year 4 Visit Brinsworth House

This year, the Prep Music Department has been building links with Brinsworth House, part of the Royal Variety Charity, and Year 4 had the opportunity to sing for the residents on Wednesday 17 May, some of whom are former actors, dancers, singers and musicians. Needless to say, the residents love hearing St Catherine's pupils perform. The girls had a very confident sound and performed a mix of songs from their recent spring performances and some older tunes to allow residents to join in with a sing-a-long. *Put on a Happy Face* and *Getting to Know You* were definitely the favorites on the day. This was followed by some impromptu solo performances on the piano from the girls because the audience was asking for more!

Brinsworth House provided a drink and a snack for the girls followed by some time to chat with the residents. This was such a wonderful experience for everyone involved. The girls were very good at engaging with the older generation and enjoyed lots of stories from the residents about their own musical experiences. We look forward to more opportunities to work with the Royal Variety Charity.



ISA Athletics Championships

This year's Athletics Championships, held on 7 June, proved to be a great event, involving 35 schools and 1121 athletes. Both St Catherine's Prep and Senior teams demonstrated outstanding spirit and determination.

We offer our congratulations in particular to the following girls who were selected to represent London West in the National Schools Athletics Championships in Birmingham:

Kate, Year 10: 150m

Sophie, Year 5: 75m and long jump

Eva, Year 5: 150m





Gold and Silver Medals at Nationals!

Sophie and Eva in Year 5 were selected to represent London West in Birmingham at the ISA Athletics National Finals. Sophie finished 6th in the 75m sprint and won gold in the long jump. Eva won silver in the 150m after a nail-biting photo finish. This is a huge achievement for both girls, well done! We are extremely proud of you.

Year 5 Cricket

The girls played amazingly well against Twickenham Prep. The Year 6s narrowly lost and the Year 5s won very convincingly. Well done to all of the girls who played and thank you to all the parents and grandparents who came to support.



Rounders

As always, our inter-House rounders tournaments were a wonderful way to finish the season. The girls demonstrated an impressive sensitivity towards each other, showing encouragement and a strong and effective sense of leadership. The tournaments were a real pleasure to organise.

Here are the results:

Year 7: 1st Bronte, 2nd Cavell, 3rd Pankhurst, 4th Nightingale

Year 8: 1st Nightingale, 2nd Bronte, 3rd Pankhurst, 4th Cavell

Year 9: 1st Bronte, 2nd Cavell, 3rd Nightingale, 4th Pankhurst

Overall Results: 1st Bronte, 2nd Cavell & Nightingale, 3rd Pankhurst

Well done Bronte and well done to everyone who represented their House!



Year 8 Match against Radnor House

On Tuesday 13 June, the Year 8 rounders A team competed against the rounders team of Radnor House. The game was held on the fields of St Catherine's and, with a lot of hard work, we managed to win 18 - 2 1/2. The Radnor girls were very resilient and put a lot of effort into the match. Our St Catherine's team was agile and fast with amazing batting and great teamwork in our defence. Well done to our girls of the game: Milly for fielding and Vida for batting. Well done to everyone who played!

Leonor, Year 8

Year 1-3 Sports Afternoon



A huge well done to all of the girls in Year 1, 2 and 3 for their fantastic efforts on sports day.

They ran like champions and supported each other throughout the afternoon.

Many thanks to all the parents who came to support and who created a wonderful supportive and fun atmosphere.



Year 5 & 6 Production

Year 5 and 6 took on the bright lights and travelled to Canaan and Egypt to bring to life Andrew Lloyd Webber's famous production.

This young group of performers dazzled on the stage, bringing to life a modern interpretation of the Bible story of Joseph and his brothers.

The audience was stunned by the vocal range of the narrators who had no trouble in reaching those high notes.

"Thanks to the hard work of all the teachers, we had a wonderful time" - Rose, Year 6

"In Canaan Days we could really feel the brothers suffering thanks to their passionate performances and magnificent facial expressions" - Neeve, Year 6



"Julia and Charlotte's rendition of Close Every Door and Any Dream Will Do brought a tear to my eye when I first heard them" - Hannah, Year 6



"Being part of the chorus was really good fun because I was involved in every single part of the show" - Edie, Year 5



National Schools Regatta

Kendall in Year 10 won the B-Final 2nd WJ15 4x at National Schools Regatta at Dorney Lake with her crew. It was an amazing race - they came from behind and worked so hard to win it on the line. Well done on this wonderful achievement! We are very proud of you.

Junior Maths Challenge

A group of Year 7 and 8 pupils took part in the Junior Maths Challenge in June. Many schools across the UK take part in this challenge and this year there were a total of approximately 700,000 entries. Our girls did extremely well and achieved an array of certificates. Well done to all the girls who took part.

A special mention goes to Laura in Year 7 who achieved Best in Year, and Jocelyn, Jasmine and Salma in Year 8 who achieved Best in School and will be moving on to the next round of the competition.



Prep Mission Marathon

Well done to all the girls in Prep for doing an amazing job in running and raising money during our Mission Marathon. We challenged ourselves to see how many marathons we could complete together over two weeks. The Prep Department raised over £800 for our charities - Mary's Meals and Shooting Star Children's Hospices. A special mention must go to Scarlett in Year 3 for raising £125 and to Chloe in Year 5 for raising an amazing £181!

mary's
meals

 Shooting
Star
Children's
Hospices

Father's Day Breakfast

In Breakfast Club, we celebrated Father's Day with a fabulous cooked breakfast. Thank you to all the fathers who came to celebrate with us.

"It was just
the best
breakfast ever"



First Holy Communion

We are delighted to have seen Isadora, Isla and Clara make their First Holy Communion. The girls were all celebrated, they looked wonderful and they were involved in their service including reading and taking the gifts in the offertory procession. Congratulations to them all.



Year 5 Senior Taster Day



Year 5 had an excellent afternoon in May getting a "taster" of what it will be like to be in the Senior School.

They had a lesson in the Science labs and got to try out the sewing machines in the Textiles room.

The afternoon ended with cookies and juice and the chance to ask all the questions they have about life as a St Catherine's Senior pupil.



Year 8 and 9 One Day Film School

On Tuesday 20 June, Year 8 and Year 9 worked together to create the next big blockbuster movie! Nathan and Charlie from The One-Day Film School came to St Catherine's to deliver workshops on stage-fighting, cinematography, and the use of sound in films.

The girls worked in mixed groups and - using iPads - they went round the school capturing footage for their movies, which they then edited. The results were amazing! The day culminated in a screening of the films in their very own movie premiere.

Well done to all pupils but particularly those who won the Oscar for Best Film. They produced, directed and acted in 'Death by Wife', which told the story of a villainous wife who murdered her husband. Although she feigned innocence and appeared to be in a state of mourning, eventually the wife's crime was revealed and she was sent to prison. The film was well put together, and included great acting and comedy, as well as flashbacks, close-ups and sound effects. Mrs Saunders presented the award to the group, who shone on the red carpet.



Mental Health Talk

On Friday 23 June, St Catherine's pupils in Years 7, 9 and 10 had a talk from Elise Wilkinson-Taylor. Elise is a mental health advocate who works locally and frequently delivers talks to secondary school pupils about her own experience of overcoming difficulties with depression. The main messages that the pupils took from the talk were that speaking to adults is essential in moving forwards; that pupils should avoid over-relying on peers for support; and that they should steer away from social media accounts that have not been recommended by a professional, as these can be unfiltered.

After the talk, the pupils had an opportunity to complete a reflection form and many of the comments revealed that the messages the pupils received were beneficial to them and would empower them to speak out should they need to. The Year 7 feedback was particularly positive.

Thorpe Park



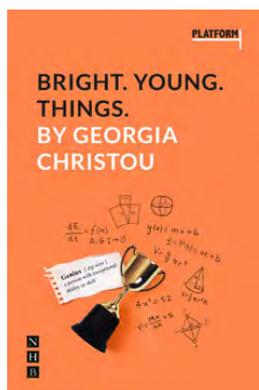
On Thursday 22 June, the Year 9 girls had a fun-filled day out to Thorpe Park. The weather was beautiful and they enjoyed some terrifying rides. It was great to see so many smiles to celebrate the end of a truly successful year before they embark on their GCSE courses from September.

Drama

On Thursday 29 June we were treated to two fantastic shows. The Lower School production, *Bright. Young. Things.*, followed the story of six young people who are competing on a television programme for the Golden Brain trophy and the title of 'Britain's Brainiest Child'. As the competition progressed, we discovered more about the contestants' backgrounds and considered the question of what winning really means. The cast were full of energy and took us through a wide range of emotions with some truly wonderful performances.

The Middle School production was a version of *Pride and Prejudice*. This abridged version added two narrators so that Jane Austen's witty social commentary was not lost, and the cast handled what was, at times, some complicated dialogue with admirable skill. The comedy of the original writing was safely preserved and it made for a very enjoyable watch.

Both performances were a lovely showcase of the skill and creativity at St Catherine's, and a fantastic way to round off an excellent year in the Drama Department. Well done to all involved!



Year 10's Sixth Form Experience



Every year we run a three day Sixth Form Experience for Year 10. This is a chance for the girls to spend some time thinking about their future. In order to anticipate how it feels to be at the top of the school, Year 10 enjoyed the privileges of wearing their own clothes, being allowed off site during lunch, using the Sixth Form Common Room and not having to Yondr their phones.

Monday's theme was A Level choices and the girls attended a range of A Level Taster lessons and were encouraged to use Unifrog's databases to explore different degree and career options.

On Tuesday we headed south to the University of Sussex where the girls toured the campus and listened to some guidance on university life and applications before having the chance to quiz current students. This was followed by an excursion into Brighton to explore the Lanes and waterfront.

Wednesday morning focused on what Sixth Form at St Catherine's has to offer. Once Mrs McPherson and Mr Warner had set out the essentials, the girls had the chance to speak to all the current Year 12 girls so that they could put all their questions to the real experts on Sixth Form life. As an extra bonus, we were joined by Mr Stringer, the incoming Head of Sixth Form, who will be running the girls' A Level Option process in the autumn. Wednesday ended with 'The Chocolate Challenge' careers workshop in which the girls had to design and present their own new brand of chocolate.

It is always exciting to see the next generation of girls taking their first steps to being at the top of the school.

Year 10 Food Trip



Year 10 Food and Nutrition pupils had a fantastic trip to Spitalfields Market. The group went on a "Walk Eat Talk Eat" tour around Spitalfields and Shoreditch. The girls sampled goodies from a Brick Lane Indian restaurant, chocolates from Ghana, Brick Lane's famous Bagels and doughnuts, and finished off with bubble tea. We also saw some amazing street art. If you are in that area, look out for the plastic, colourful broccoli stalks made by a local artist and displayed on walls and roofs all around.

Year 8 Trip to Tower of London

On 23 June, the History Department took Year 8 to the Tower of London where they saw the delights and terrors of this Historic Palace, Fortress and Prison.

The girls were taken on a tour by an Elizabethan Courtier and had the opportunity to visit spaces previously used as prison cells. They discovered signs of prisoners' treatment, prisoners' beliefs and their methods of potential escape. Through the unique conditions in which Elizabethan religious prisoners lived and died, the girls heard the stories of some of the real people affected by the shifting tides of religion during this turbulent period in British history, including the room where Queen Elizabeth I was herself held by her half sister Bloody Mary.



Year 7 Rockley Trip

From 19 to 21 June, Year 7 went on an amazing residential trip to Rockley in Dorset. We all had the time of our lives and were amazed by the amount of fun that we had. As soon as we got there the instructors welcomed us with a smile and we went on a tour of the site. Straight afterwards, we went into activities and were overjoyed at how much fun they were. The lunches were amazing and the amount of choice you had was outstanding. By the end of each day, we were worn out and were treated to marshmallows and campfire songs. Soon we were ready to go to sleep in the huge bell tents. They were the perfect size for five people and were super comfy and cosy. We were all really upset to leave as we were going to miss kayaking, climbing and fire-lighting but the instructors were very kind and gave us one last goodbye before we headed home.

Anneliese Turetta, Year 7



Year 10 Bronze Duke of Edinburgh



Over the weekend, our Duke of Edinburgh Bronze teams had to trek through forests and hike up hills in 30 degree heat. It was indeed a challenge compared to the cooler practice session, yet we made it, and completing the task gave us all a satisfactory and relieved feeling at the end!

One of the highlights of the D of E weekend was cooking dinner. We had to use a Trangia gas stove to heat pots of whatever we were eating - my group had pasta with tomato sauce and cheese - and we managed to strain it with the smaller pot (with a couple of stray pasta pieces falling in the process!). Sleeping in the tent was quite pleasant as the night air grew cooler.

Luckily for us, the rain in the night made the second day slightly easier as it made the day feel colder than the previous, harder, hotter day. Overall, the experience was definitely great and worth doing, and I would recommend it to girls who are thinking about trying it out.

Orla, Year 10

New Table Tennis Table

Girls across the school are delighted with the arrival of our brand new table tennis table. This is going to be a fabulous enhancement to the girls' break and lunchtime activities.

FUN FACT:

The sport originated in Victorian England, where it was played among the upper-class as an after-dinner parlour game.

"It's quite a civilised way to do something fun and still have a conversation with your friends"



Year 6 Trip to the River Thames

Year 6 enjoyed a fascinating and informative trip to the Thames at Hammersmith on 6 June. We investigated the question 'How polluted is the River Thames?' by testing the water and inspecting a variety of river life. This was a wonderful opportunity to look at river processes such as erosion, deposition and transportation, as well as human and physical features of the river. We collected water samples and measured its pH value, and we used nets to collect many species of river life including eels, crabs and shrimps!



Retreats



On Friday 16 June, Year 7 went on a retreat to St Mary's University. They spent the day away from the classroom exploring the Catholic faith and what it means to them individually and personally. They engaged in lots of different activities, including worship, creating their own prayers and writing letters to their future selves. The day was brilliant and the sunshine made it that little bit better!

On Thursday 8 and Friday 9 June, Year 9 and 10 went on half-day retreats. They walked to Marble Hill Park for a picnic, where they enjoyed sausage rolls, brownies and ice lollies! They then spent some time at St Stephen's Church, taking part in activities looking specifically at their identity and encouraging one another. The days were thoroughly enjoyed by all.

Retreats are an important part of life at St Catherine's, offering our pupils an opportunity for reflection, growth, and spiritual enrichment.



Catering at St Catherine's

On 6 June our caterers, IFG Independent, met with parents to share information about their approach at St Catherine's. IFG spoke about how the catering team prepare food on site in the kitchen using fresh, locally sourced ingredients and how they achieve a nutritionally balanced menu. As IFG Independent are a smaller company there is a lot of flexibility to ensure that the needs of the school are met.

On hand was Charlotte Clayton, IFG Independent's company nutritionist, who discussed how the menus are reviewed to ensure they meet nutritional requirements.

They also discussed how they encourage healthy eating choices amongst the pupils and the variety of food that is available for the pupils each day. The parents had the opportunity to sample some of the food from the menus including a Thai vegetable curry, Korean chicken curry and a beetroot and yoghurt falafel.

We also discussed some of the environmental and community initiatives IFG Independent are involved in, including removing plastics, reducing food waste and sharing food through a partnership with Olio.



Allergy Champions



Katzyrna Kalisz
Allergy Champion



Patience Charway
Allergy Champion

IFG Independent discussed how they manage allergens and dietary requirements and have introduced the role of Allergy Champions to the dining room. If any pupils have a food allergy, or dietary requirement, they can speak to a member of our team.

The role of the Allergy Champion is to help pupils understand what is in their food so they can make the correct choice.

They are easily recognisable and aim to build relationships with the pupils.

IFG Independent's Sustainability Commitments

IFG Independent are involved in environmental and community initiatives from removing plastics, reducing food wastage to sharing food through a partnership with Olio.

IMPACT+ PLANET



651 FAMILY CARS WORTH OF CO₂ TAKEN OFF ROADS FROM OIL RECYCLING



SWITCH TO PLANT-BASED PRODUCTS REMOVING 739KG OF GREEN HOUSE GASES

THROUGH FOOD SHARING PARTNERSHIPS WE HAVE:



Reduced 10,500 kg of CO₂ emissions



Saved 1.8m litres of water



Worked with our supply chain partners to reduce food miles through consolidated supply chain removing over 24,375 deliveries 9.4 tonnes of CO₂.

Please support our
FUNdraising
and charity
initiatives!

The Sparkle and Shine Prep Disco was high octane fun, with a tremendously competitive parent vs girls dance off and the Cheese and Wine event with Doran Wines went down a treat, one parent saying-

“Wine was delicious – OMG and the cheese. A really fun evening and a fantastic way to meet other parents and chat to teachers”.

FOSC Farewell

After many years on the Committee, Allison and Simon Watkins will be stepping down at the end of term. Simon, aka King of the FOSC BBQ, has flipped many mountains of burgers and sausages over the years, enriching many a Christmas and Summer Fair.

Allison has previously been Chair, is often seen side by side with Simon taking orders on the BBQ, and most recently has been Vice Chair. I personally want to thank them both for all they have done for FOSC over many years.

I, in comparison, am a bit of a FOSC Committee newcomer, having been part of the Committee for four years and Chair for the last three years, though in this time have had a lot of fun working with other parents and the school, and have helped move us towards paperless ticketing and introduced the Sausage Sizzle, Cheese and Wine and Christmas Wreath-Making events and our charity partnership with RCDD. Now it's time for me to step down and hand over the reins to someone else. I look forward to seeing the Committee flourish and continue to enrich school community life. For anyone considering joining the Committee I wholeheartedly recommend doing so – it's a great way to meet other parents across year groups, to get a different insight into school and to shape our FOSC social and charity calendar.

Please do reach out to me or anyone else on the Committee if you have any questions about the open positions on the Committee: Chair, Vice Chair and Catering/BBQ or email Laura Simpson on lsimpson@stcatherineschool.co.uk to register your interest in joining the Committee starting in September.

Words from the Chair

Approaching the end of the school year is a great opportunity to reflect on how FOSC has enriched school life.

We've had numerous social events across the year; starting the year off with our Sausage sizzle and punctuating the school year with two Prep discos, two Cheese and Wine evenings, a Christmas wreath-making class, the Christmas Fair and, on 1 July, the ever popular FOSC BBQ will be in action at St Catherine's Day.

Thanks to the generosity of the whole school community our Christmas Charity Drive once again admirably supported two incredible local charities: Richmond Christmas Day Dinner (RCDD) and the Vineyard Food Bank, and, closer to home, FOSC made a sizeable donation (£60,000) to enhance the Sixth Form Centre significantly – an addition to the school that is benefiting all.

FOSC this year has also continued to fund a range of educational enrichment programmes and has supported the purchasing of resources across all school years.

Our two main events this team: the Prep Disco and Cheese and Wine tasting raised nearly £1600, and just as importantly were great evenings.

This is only possible thanks to the generosity and support of the school community and I wanted to thank everyone who has contributed to FOSC this year.

Kind regards
Simone,

Chair of FOSC



Housekeeping / Notices

ReDress

ReCycle ReWear

ST CATHERINE'S
PRE-LOVED UNIFORM BOUTIQUE



25 July
15 August
4 September

FOSC are pleased to announce three uniform sales during the summer break:

Sales take place from 11am - 2pm in the ReDress Boutique.

We welcome all donations of uniform, school bags and PE equipment, which can be handed to reception or placed in the donation crates at the sales.

St Catherine's would love to thank FOSC for all the amazing work they have done this year for the school.

We are so grateful for their commitment, energy and support.

Early next term we would like to welcome all those who have been involved with FOSC, whether as Committee members, Class Reps or helpers at FOSC events to a thank you drinks event and we will share a date with everyone in due course.



Parent engagement and word of mouth are strong marketing tools in the broader community. With that in mind, please remember to follow us on our various social media channels and to like and share our refreshed activity in these spaces.



Reminder



ST CATHERINE'S SCHOOL
TWICKENHAM

The Headmistress is pleased to invite you to

*St Catherine's Day
on Saturday July 1 2023*

*Guest Speaker:
Alexander McLean
CEO of Justice Defenders*

*Mass: 10.00
Speeches: 11.45*

*Drinks and Lunch: 1.00
Followed by Summer Stalls*

Important Dates



- The summer term ends on Friday 7 July at 12.30 pm.
- Please make a note of the 2023 - 2024 term dates, including next year's St Catherine's Day:

Saturday 29 June 2024



ST CATHERINE'S SCHOOL
TWICKENHAM

TERM DATES 2023-2024

Whilst every effort is made to ensure that dates remain unchanged, we reserve the right to make adjustments if circumstances require.

AUTUMN TERM 2023

Term Begins:

Wed 6 Sept 2023

Half Term:

Mon 23 Oct - Fri 3 Nov 2023

Return from Half Term:

Mon 6 Nov 2023

Term Ends:

Wed 13 Dec 2023
(staggered early finish times)

SPRING TERM 2024

Term Begins:

Mon 8 Jan 2024

Half Term:

Mon 12 Feb - Fri 16 Feb 2024

Return from Half Term:

Mon 19 Feb 2024

Term Ends:

Wed 27 Mar 2024
(staggered early finish times)

SUMMER TERM 2024

Term Begins:

Tue 16 Apr 2024

Half Term:

Mon 27 May - Fri 31 May 2024

Return from Half Term:

Mon 3 Jun 2024

St Catherine's Day:

Sat 29 Jun 2024

Term Ends:

Fri 5 Jul 2024
(staggered early finish times)