

ST CATHERINE'S NEWSLETTER

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

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From the Headmistress

These last weeks have been happy ones in the Senior School - among other things the Upper Sixth girls recently enjoyed a relaxing residential retreat and are very happy to end the term with so many university offers; Year 11 girls enjoyed A Level taster lessons and worked hard in their Autumn Assessments; there's been a lively Middle School film evening; and a great many sport and swimming successes. I feel that the girls have done all they can to return, in full, to usual school life.

I'd also like to mention the co-curricular activities. The weekly timetable is a busy one and the girls are certainly making the most of all the creative and sports options - from scrapbooking to swimming, poetry club to drama rehearsals, there is a great deal on for all year groups. We look forward to this continuing next term and I also hope that the pandemic soon eases enough for us to add more trips to our calendar.

As term draws to a close, the challenges of Covid are still with us, and I would like to thank you for your support and understanding. I wish you and your families a happy, safe and blessed Christmas.

With kind regards,

Mrs McPherson

WELLBEING WEEK



Year 11

During Wellbeing Week, Year 11 took part in several activities that improved our mindsets and benefited us greatly. The first activity was our pizza lunch. This came straight after our assessments week, in which we sat a series of exams that we had been revising hard for. On behalf of the rest of Year 11, I can say that the pizza lunch brought a lot of smiles back to our faces and gave us time to relax and appreciate our achievements. On the Tuesday of that week, we started the morning off with some mindful meditation, peaceful colouring and a talk on how to manage our stress. This was led by our form tutors and helped us to get into the right headspace for the week ahead. The next activity that we encountered was the talk about 'Girls on board', which was very informative and certainly allowed us all to appreciate our friendships more. Thank you to all the teachers and staff members who had planned this for us; we are very grateful to have the time to reflect on and appreciate our hard work. Gimeto 11S

Year 10

During Wellbeing Week, Year 10 took part in the RAP Project. I found it extremely informative, and it made me think about decisions I will make in the future. We were reminded that when we go out to parties we should always have a set plan, a way to get home, a time and a place to meet friends and to stick with them. We also learned about the definitions of sexual offences and how the law sees them.

Later on in the week, we had a talk with the Independent Listener, where we learned about how we can be better at listening to other people, focusing on not only ourselves, but on how we can support others. We learned the acronym RAIN, which stands for, Recognise Allow Investigate Nurture. This taught us how we shouldn't interrogate someone when we see that they are upset. We should go through these steps to make sure that they feel comfortable and tell us how they are feeling in their own time.

Katie 10C



Year 9

On our first day of Wellbeing Week we discussed body positivity and society's expectations of us. We had some very interesting, sensitive, discussions. It made us all think about how if we met society's expectations of women it would be very impractical and would cost us time and a lot of money! This discussion made us think about how we shouldn't allow social media to control how we want to present ourselves. Our second session was all about friendship and what makes a good friend. In groups we discussed what we thought the aspects of a good friendship should be. We all had some great ideas and it made us wonder whether we were good friends and what we could do to be kinder to everyone. Later in the week we took part in a ceilidh. It was very enjoyable, and the dance encouraged us all to find a partner we wouldn't normally sit with at lunch or in lessons. Even though a few of us fell over, everyone had lots of fun! Overall I really enjoyed Wellbeing Week and I have already used some of what I have learnt about being a good friend in and outside of school. I'm sure the rest of the year will agree and we definitely loved our ceilidh!

Anastasia 9S



WELLBEING WEEK

The best way to spend a Friday was with a festive film night and forty St Catherine's pupils in the Drama Studio. The girls gathered and with hot chocolate mugs in hand, mince pies and satsumas in full supply, and smiles on their faces, we watched the very fun, comedic and musical 'Nativity'. It was heartwarming to have such a good turnout and a very enjoyable way to end the week and welcome in the month of December. Miss Holgate-Smith



Odd Socks Day for Anti-bullying week



We were all encouraged to wear odd socks to show support for Anti-bullying week, and attended House Assemblies that looked at the theme of how 'one kind word' can spread and make the word a better place.

SIXTH FORM RETREAT



One of the most valued events by the students at St Catherine's is the annual retreat. For the Lower and Middle School, this is a day of team-building, spiritual reflection and fun! However, the Sixth Form have the privilege of a residential trip, which this year, took place from 10 to 12 November in Pinner with a lovely company called SPEC who aim to provide retreats for school children in the Diocese of Westminster. The theme of the retreat was 'What is Love?' which we all found relatable and thought-provoking. Throughout the three days we were encouraged to explore all aspects of this theme: in a biblical context, varying types of love for others, self love and vocation. Some of these sessions were led in smaller groups and some as a whole year which provided us with time for in-depth discussion, activities and group bonding; this I found particularly enjoyable as we were able to mix as an entire sixth form instead of just as forms or year groups. The group leaders at SPEC were all delightful people, each with an inspirational, personal story to tell us about how the knowledge of God's love for us has helped them through even the darkest of situations. They were always around to help us and answer any questions we had about the theme or the retreat in general - they were open-minded and accepting of all students, faithful or not. Personally, my favourite part of the retreat was the time we spent

in the Chapel, and speaking to my peers, I think it's safe to say the same for many of us. The Chapel had an air of tranquility and tenderness from the moment you entered, making it ideal for the two sessions of adoration we had on Wednesday and Friday. These were sessions of quiet and reflection accompanied by gentle songs and occasional words of inspiration which we all found utterly relaxing and spiritually warming. On Thursday, Mr Warner (Head of Sixth Form) and Mrs McPherson joined us for a Mass with Father Mark - I can honestly say this was the best Mass I have ever participated in. Father Mark explained everything with care so we had a genuine understanding of the meaning of each aspect of the sacrament. He was exceptionally engaging and made the experience inestimably insightful and peaceful. As stated, we also took part in many activities as a year group in the evenings - we were all grateful to be able to spend time together away from the stress of exams and homework! The whole experience took place in beautiful grounds - on the brink of Autumn, the atmosphere was particularly majestic with rolling fields of colourful forest and elegant buildings. Overall, I can confidently say the trip provided us with memories we will treasure for a long time, and we thoroughly hope to return next year. Thea 12M



YEAR 11 RETREAT



Year 11's retreat day took place just before the Christmas break on 9 December. We travelled a little further to the west for this year's retreat and went to St Cassian's Centre in Kintbury, Berkshire for a day focused on discovering the beauty and wonder of each individual. Pupils were very impressed by the wonderfully peaceful location with open fields and some very Christmassy looking sheep in a nearby field! The team running the day were very welcoming and friendly and our Year 11s enjoyed working with them as well as using their creative skills to reflect on the ideas being discussed. Year 11 were a delight to be with and thoroughly enjoyed the day especially the availability of tea, squash and biscuits to munch on in between discussions.

Miss Ryan



"Year 11 were a delight to be with and thoroughly enjoyed the day"



CO-CURRICULAR CLUBS

Following on from October's Newsletter, here is our final Mini Reporter interview with our new members of staff. Mya and Lucia enjoyed using their organisational, communication and writing skills to complete this project.

Interview with Mrs MacFarlane-Barrow by Mya and Lucia

Our names are Lucia and Mya and we are in Year 8. As part of the Mini Reporter Club we interviewed our new Drama teacher and Assistant Chaplain, Mrs MacFarlane-Barrow. We loved taking part in this project, and we hope our article will introduce you to Mrs MacFarlane-Barrow and all that she takes part in at the school. We wanted to start with Mrs MacFarlane-Barrow's first impressions of St Catherine's and why she decided to work here. She said she had read about St Catherine's online and it looked really lovely. She had also heard great things about the school and its pupils, and the values of the school agreed with her values too so she thought it would suit her perfectly. Not only that, but the school is situated in a lovely area.

Next, we asked Mrs MacFarlane-Barrow why she believes it's important to learn Drama. She said that it's such a fun thing to take part in, but it also helps people in so many ways to build their confidence. It teaches you teamwork, communication and



creativity. It also allows you to express yourself and to feel empathy and understand our differences, allowing us to see from another point of view.

Mrs MacFarlane-Barrow previously taught at a school in North Yorkshire, which was where she used to live. We also learnt that she was an undergraduate at Leeds University and attended another university in York to train to be a teacher, St John's.

In addition, we wanted to find out any fun facts or interests Mrs MacFarlane-Barrow had. She said that she loves drama but also enjoys playing netball with the Sixth Formers and likes to help in her Church running courses, as it is important to give back to your community.

We had an amazing experience interviewing Mrs MacFarlane-Barrow; she was a lovely person to talk to and we look forward to seeing her around the school.

Science Club



Mr Blake runs our fabulous Science Club, which is always very well attended. The girls love learning through practical experiments, with a twist, and Mr Blake's famous jokes are definitely part of the fun!

Science Club has been very good fun with lots of experiments ranging from invisible ink to elephant toothpaste. My favourite of all was making elephant toothpaste, particularly when it rose up and made the beaker overflow.

Armance 75

CYBER SECURITY

Cyber security is a part of our daily lives - helping to keep music streaming, protecting online gaming, securing online banking and even helping to keep the power running in our homes. We all need a basic knowledge of how to protect ourselves and others from online security threats. On 11 and 12 October, we took part in the Cyber Security Development Day arranged by the National Cyber Security Centre.

This challenge included learning lots of different skills that are regularly used within the computing industry, including digital forensics, cryptography, penetration testing and open source intelligence. The staff were very helpful and friendly, and we were also given an inspirational talk on the industry. Our favourite part of the course was penetration testing in which we deliberately hacked a fake website in order to test its vulnerability. We learnt a lot about coding, as well as how to protect ourselves from online threats. We also thoroughly enjoyed becoming digital forensic professionals for the day, detecting misconduct and tracing malicious activity while channelling our inner investigators to find evidence on computers, mobile phones and other digital devices.

We owe a special thank you to Mr Melling, Mr Griffin and Mr Oliveira for organising the course and helping us throughout. We cannot wait for our next experience!

Siyana and Ellyse 9M



National Cyber
Security Centre
a part of GCHQ



POLITICS & SOCIOLOGY



Mr Novak arranged for our A level Politics and Sociology pupils to have the opportunity to hear from Her Honour Judge Khatun Sapnara, who spoke compelling about the changing landscape for victims of domestic violence in this country. Recent legislation has afforded victims much greater protection, and the girls learnt about how this legislation came into being, including the influence of groups campaigning for women's rights. Judge Sapnara also spoke about her own career and the importance of increasing the representation of women and those from black and minority ethnic backgrounds among the judiciary. It was a fascinating talk and gave our sixth formers a direct and powerful insight into how the law can be changed, and how, in turn, the law can change attitudes and raise awareness. Thank you, Mr Novak, for arranging such an interesting talk.

Mrs Smith

Next Year's Term Dates

We are pleased to announce the term dates for the next academic year:

AUTUMN TERM 2022	SPRING TERM 2023	SUMMER TERM 2023
 ST CATHERINE'S SCHOOL TWICKENHAM	TERM DATES 2022-2023 <i>Whilst every effort is made to ensure that dates remain unchanged, we reserve the right to make adjustments if circumstances require.</i>	
Term Begins: Mon 5 Sept 2022	Term Begins: Thu 5 Jan 2023	Term Begins: Tue 18 Apr 2023
Half Term: Mon 17 Oct - Fri 28 Oct 2022	Half Term: Mon 13 Feb - Fri 17 Feb 2023	Half Term: Mon 29 May - Fri 2 Jun 2023
Return from Half Term: Mon 31 Oct 2022	Return from Half Term: Mon 20 Feb 2023	Return from Half Term: Mon 5 Jun 2023
Term Ends: Wed 14 Dec 2022 at 12.30pm	Term Ends: Fri 31 Mar 2023 at 12.30pm	Term Ends: Fri 7 Jul 2023 at 12.30pm

FOOD & NUTRITION

Year 7 Christmas baking



Christmas Fun

Christmas Jumpers, Christmas Lunch and the Quiz!



On Friday 10 December, the whole school enjoyed a wonderful day of Christmas celebrations. 10C presented a very well-researched assembly about Christmas traditions around the world, we had a wonderful Christmas lunch (including the most delicious mince pies), and then we enjoyed the always popular House Quiz. Staff and pupils also pulled out all the stops with their Christmas jumpers. Thank you everyone for joining in so whole-heartedly with the St Catherine's Christmas spirit!

Christmas Fun

Christmas Jumpers, Christmas Lunch and the Quiz!



There was much excitement as all Houses gathered together to take their best shot at the House Quiz - the winner was too close to call, so a deciding round will be held next term!

DRAMA NEWS

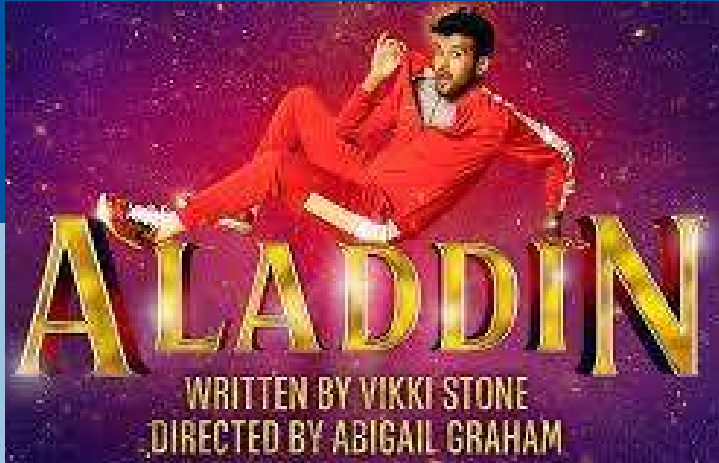
The Drama Department has had an extremely busy term, jam-packed with a whole range of activities. We have continued rehearsing for this year's production of Peter Pan, including an action-packed Sunday rehearsal, and the show is coming together very nicely. The new performance dates are Wednesday 9 March and Thursday 10 March, and tickets will be available next term. We thank the girls for their continued efforts on stage and in the band, and we look forward to putting on the show (with the help of the backstage crew) next term!

GCSE and A level Drama pupils took a trip to the Lyric, Hammersmith to see the darkly comic 'The Beauty Queen of Leenane' by award-winning playwright Martin McDonagh. The play explores the claustrophobic life of a woman and her mother in rural Ireland, with heart-wrenching consequences. We met in the Drama Studio and travelled to Hammersmith in anticipation of being back in a theatre for the first time in a while. The play was deeply moving and an effective first trip back, and it was good to see a play which really challenged our perceptions of happiness and satisfaction.

In December, we were back in the Lyric with all of Years 7 and 8 to watch Aladdin. We had an early lunch in the Drama Studio before heading over to the theatre on a coach.

We managed to both follow the theatre's safety procedures and observe all the proper pantomime traditions, including lots of shouts of, 'He's behind you!', water pistols into the audience, and snow coming down from the ceiling during the finale singalong. The ice cream at the interval was also a highlight! We all really enjoyed our afternoon out and it got us totally in the mood for Christmas.

We have also announced two new very exciting opportunities within the co-curricular Drama. The first is our entry into the ISA Shakespeare Monologue competition: there has been lots of interest from girls from Years 5 to 13 about performing in this prestigious event. An internal competition will be held in January to decide on our entries before we film them and send them off for judging. We are also delighted to announce that next summer, St Catherine's is taking a show to the Edinburgh Fringe. Open to Year 11 upwards, interest is already high and auditions for both cast and crew will be held next term. The Fringe is an experience like no other, and we are so excited to be giving the pupils this experience. In the future, we have more trips coming up for Year 9 as well as GCSE and A level students. The Drama Department is grateful for the continued support of both pupils and parents and we look forward to seeing you soon.
Miss Collett



Lyric



SPORTS NEWS

ISA Swimming Championships



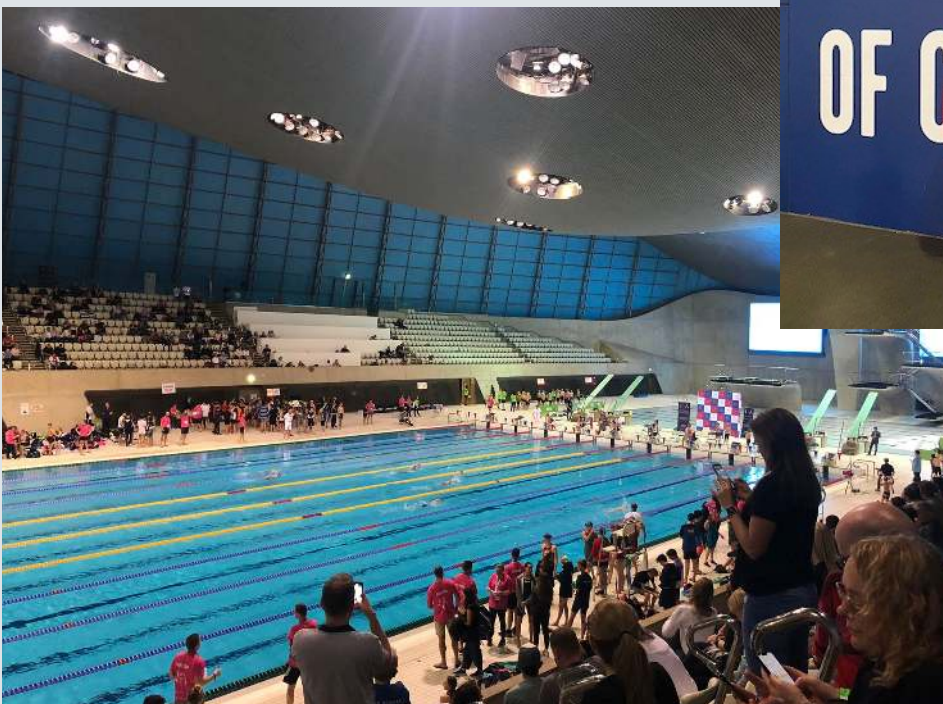
Congratulations to our Year 11 swimming champions!

Congratulations to all who competed at the ISA Swimming Championships this year. We have had some incredible results with many personal bests. At the Regional Finals St. Catherine's came first in the Senior Girls category, winning 22 gold, 20 silver, and 4 bronze medals. The Year 7 and 11 relay teams won second place in both the freestyle and medley relays while Year 8 and 9-10 won gold for both relays. Congratulations to Poppy 7M, Jocelyn 7C, Emma 8C, Tia 10S, Katie 10M, Tia 11S, and Eleanor 11M for their success in their individual events.

Six girls were chosen to represent London West at Nationals: Poppy, Emma, Tia, Katie, Tia and Eleanor C. While we wait for the final results, our girls did extremely well getting personal bests, winning medals and even breaking records!



Katie and Tia at the London Aquatics Centre, Stratford



The 2012 Olympic pool at Stratford - what an amazing experience for our girls!

SPORTS NEWS

Cross Country Championships



Our congratulations go out to all those who competed in this year's cross country Borough Championships. St Catherine's, as always, entered teams in every age group, who all demonstrated outstanding determination in what is an extremely tough event. It takes a certain kind of gutsy character to compete at cross country and we are always enormously proud to see so many girls step up to take on the challenge of cross country running and to represent their school.

Overall, our Prep pupils achieved 3rd place out of 20 other schools competing - an outstanding achievement. In addition our Seniors achieved 5th place out of eleven Senior Schools competing.

We wish the following all the very best, having been selected to represent Richmond at the Middlesex Championships (20 January 2022): Kate 9M, Eleanor 11M and Natascha 13C.

The ISA Cross Country Championships are due to be held at Sherfield School, Hampshire on Friday 4 February.

Please praise your daughter if she competed or trialled in cross country this term and encourage her to train throughout the holidays!

Mrs Healey



SPORTS NEWS

Inter-House Netball

The inter-house netball tournaments have been both rewarding and exciting this year. In these tournaments all pupils in Years 7-10 have competed with great enthusiasm and spirit. It is extremely rewarding to witness our girls supporting and encouraging each other, showing outstanding sportsmanship, in addition to showcasing their leadership and performance skills. Congratulations to all the girls who took part for wholeheartedly supporting this tournament, and particularly those who were nominated girl of the game!

Overall Results Results by Year Group

1st Bronte
2nd Cavell
3rd Nightingale
4th Pankhurst

	Year 7	Year 8	Year 9	Year 10
Bronte	4th	1st	3rd	1st
Cavell	3rd	2nd	1st	3rd
Nightingale	1st	3rd	4th	2nd
Pankhurst	2nd	4th	2nd	4th



SPORTS NEWS

Trampolining

Our trampolinists are making excellent progress and many are now moving forward to learn advanced twists and somersaulting skills. Please do thank your daughter if she lent time to represent St Catherine's during Open Evening. We look forward to supporting your daughters further next term.



Netball

Congratulations to all who have represented the school in netball. We are proud to support A and B teams in all age groups ,Y 7-11, and equally proud to be supporting an U19 team this year. All training sessions are extremely well attended by both competitive and recreational participants.

Fixture results are very encouraging:

U12s and U13s have maintained a clear winning record and are consistently developing.

U14s have played many impressive matches. We have witnessed moments of excellence on court, followed by moments of total chaos and are working to apply a sound tactical approach at all times.

U15s have regretfully seen many matches postponed due to opposing teams having to quarantine. We look forward to seeing you compete regularly should this be possible next term.



Congratulations to both our Y9 & 10 Netball teams who secured wins in their last matches of this season. Once these teams improve their communication during play, they will become invincible! We wish all of our netballers a healthy and happy Christmas and New Year and look forward to seeing you on court next season.



On 2 December, the 8As played Kew House. The score was 13-19 to Kew. Although we did not win, we worked brilliantly as a team and everybody enjoyed the game. We improved our centre passes and our back line passes. However, to improve we should practise our interceptions and use second stage defence more often. Thank you to Miss Claringbold and Mrs Mercer for taking us and supporting us, and thank you to Mrs Healey for all her help in training.
Chloe Y8 netball captain

Congratulations to our Y7A & B netball teams who beat Grey Court in their first matches of the season (*left*).

KEY DATES

Thursday 6 January - Return to school
Thursday 13 January - GCSE and A level Drama trip to see The Ocean at the End of the Lane
Friday 14 January - How to Apply to an American University Years 10-12
Monday 17 January to Friday 28 January Year 13 mock exams
Thursday 20 January Shakespeare Monologue Evening
Monday 24 January to Friday 4 February - Year 11 mock exams
Monday 7 February - Justice and Peace week
Monday 7 February - Year 12 in class assessment week
Tuesday 8 February Charity Day - Feast Day of St Josephine
Tuesday 8 February - Senior School Open Evening
Wednesday 9 February - GCSE Options and Parents' Evening
Wednesday 9 February - GCSE Drama trip to see Blood Brothers
Thursday 10 February - Year 11 post mocks film night
Thursday 10 February - Upper School Production - Kurl Up and Dye
Friday 11 February - Mufti Day
Monday 14 February to Friday 18 February - Half Term

You can keep up to date with all of our St Catherine's news on social media:



@stcatherinessch

We wish all our St Catherine's families a peaceful and joyous Christmas and look forward to seeing your daughters on Thursday, 6 January 2022.

