



**THE URSULINE ACADEMY ILFORD**  
**A Catholic Academy for Girls**  
*Weekly News – 2023/2024 Issue 6*  
**13<sup>th</sup> October 2023**



Dear Parents/Guardians

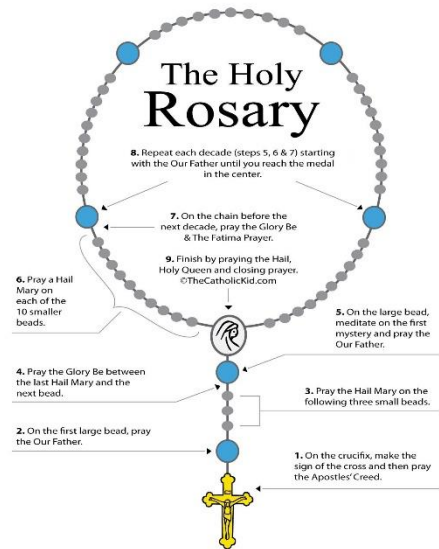
As I write this on Friday morning I am getting ready to go to the Centenary of the Ursuline joining the Roman Union celebration at St. Anthony's church then afterwards at St. Angela's Ursuline school for further celebrations. It promises to be a wonderful day with representatives from all the Ursuline schools gathering to mark this very special occasion.

Last week I mentioned that October is the month that Catholics dedicate to the most holy rosary. Next Wednesday, Caitlin Ely 13.1, and I will lead a rosary gathering the school chapel. Caitlin is the Deputy Head Girl with responsibility for Chaplaincy, so I look forward to starting a weekly Wednesday gathering in the chapel with her after half term. We will publish the focus in advance. Pupils are welcome to drop in.

We have been considering over the last year prayer room provision for students of other faiths. Space is very limited at the Academy but a number of our Muslim pupils do use the stage in the hall during lunch time for praying. Whilst this is a nice space, and this can continue, we are aware that sometimes (especially on wet days) the hall is used for other things so this can be noisy and distracting. Therefore, Ms Choudhury has kindly agreed to allow pupils to make use of the large space at the back of her classroom to accommodate pupils for prayer. We are consulting Ms Choudhury and pupils on any resources we can provide which will make the space accommodating and appropriate for prayer.

Finally, sadly Ms Sondh our Head of Mathematics will be leaving the school at the end of the half term. Ms Sondh is relocating and we wish her well in her new endeavours. We have appointed a new Head of Maths from within the school. Mr Deen will be the Head of Department from the beginning of next half term. We are delighted to have the capacity in the school to continue the great work of the mathematics department.

Fiona Stone [headteacher@uai.org.uk](mailto:headteacher@uai.org.uk)





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## Chaplaincy News



**Pope Francis@Pontifex – 11<sup>th</sup> October 2023**

I invite all people of good will to help the people of [#Afghanistan](#), who are suffering after the devastating earthquake that hit them. Let us contribute in a spirit of fraternity to alleviate the sufferings of the people and supporting the necessary reconstruction.



**Forward in Joy – 366 days with Angela Merici – Daily words of wisdom from our patron saint  
October: Be Shepherds**

**13<sup>th</sup> October:** Who can judge the heart and the innermost secret thoughts of any creature?

**14<sup>th</sup> October:** God has given free will to everyone, and wants to force no one, but only proposes, invites and counsels.

**15<sup>th</sup> October:** Do your duty, correcting them with love and charity.

**16<sup>th</sup> October:** Comfort them, so that they may go forward willingly.

**17<sup>th</sup> October:** I do not say, however, that it will not be necessary occasionally to use reproaches and severity, at the right place and time.

**18<sup>th</sup> October:** One must be careful and prudent.

**19<sup>th</sup> October:** Bear with them all equally, for it is not up to you to judge.



I'm writing about an exceptional member of my form group, **Rozia Syed (13.3)**. Rozia spent the summer holiday volunteering Afghanistan on the Women and Girls Empowerment project where she engaged with and taught girls of varying ages in schools and other settings. I believe this was an act of incredible service and bravery given the fact of Taliban rule and a ban on female aid workers, not to mention the illegality of teaching girls in Afghanistan! Rozia spoke passionately about the experience during a recent politics lesson where she gave a very insightful view from the ground about life and education in her country of origin. Rozia has also stated that she would be happy to deliver an assembly on her experience, and we will definitely take her up on that offer! I have asked Rozia to write a piece for our Newsletter (see below) and there is also a copy of the certification she received for her contribution to this UNICEF funded project. Congratulations Rozia for your clear embodiment of Serviam – we are very proud of you!!

***Mr Irwin, 13.3 Form Tutor***

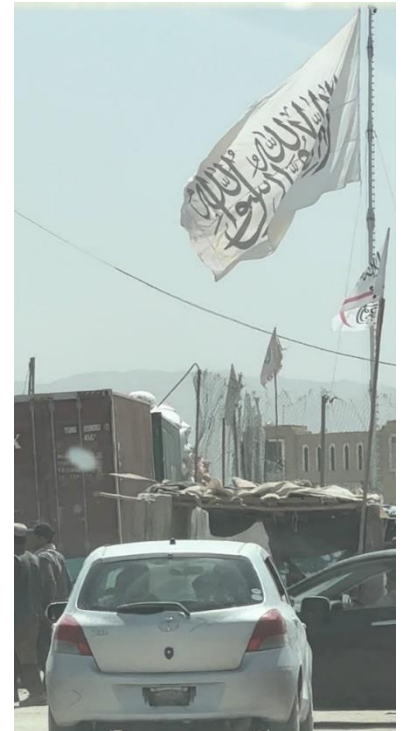
Over this summer, I visited my homeland, Afghanistan. A brief introduction about Afghanistan is that it is a landlocked country in central Asia, it is home to the only lapis lazuli mines in the world and a land full of deep history and culture. Unfortunately, it has also become a place where decades of severe conflict have taken place.

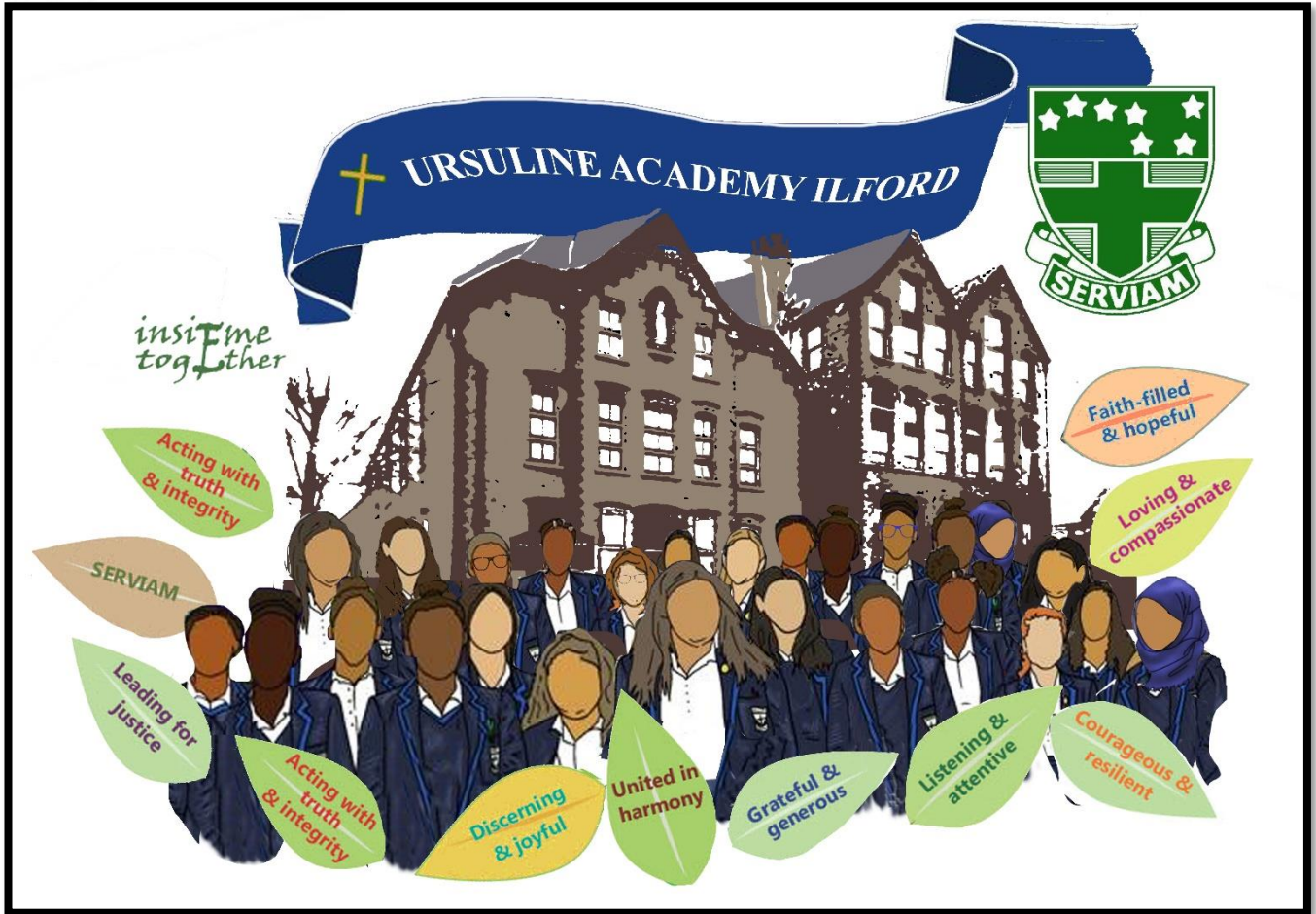
The current socio-political situation of Afghanistan is dire. The Taliban takeover during the American troop withdrawal in Afghanistan in 2021 resulted in a re-emergence of the Taliban regime which had previously terrorised the citizens of Afghanistan.

My passion for social justice and my deep love for the preservation of my culture and history inspired me to partake in volunteering in Afghanistan. During my two months stay, I was privileged enough to receive the opportunity to partake in an NGO and UNICEF funded internship for a Women and Girl Empowerment Project in Kandahar, Afghanistan. During my voluntary internship, I participated in various activities that contributed to the project's objectives: I conducted educational workshops on women's rights and gender equality in local schools and community centres, assisted in organizing vocational training programs to enhance women's employability skills, collaborated with the NGO team to provide counselling and support services for survivors of gender-based violence, assisted in the implementation of income-generating activities e.g. handcraft production and small business development and also assisted in data collection for monitoring and evaluation purposes.

During my stay, I also volunteered in a local school, in which I helped teach English lessons to students of different years. This opportunity helped me realise the significant impact of volunteering on the boys and girls I had the privilege to teach during this placement and this enabled me to empathise and connect with people from a very different social situation. It was very emotional helping people process the impact of conflict and war. However, the experience was valuable and rewarding and I would recommend people consider volunteering in areas of global conflict and distress if given the opportunity. This experience has inspired to strive for social justice in the future. ***Rozia Syed 13.3***







## URSULINE 100 YEAR CELEBRATION

Students across different Ursuline schools will be rejoicing this week in the centenary celebrations.

Ursuline Academy Ilford students created artwork for the bunting to reflect happiness, love, peace, Christianity, Saint Angela, Catholic values etc and I set about creating a new banner for the school, representing our values, inclusion, diversity and harmony. A trainee art teacher Miss Ahmed created a graphic design poster which included all the subjects at UAI and this was my inspiration.

Thank you, Miss Ahmed, and thank you to all the UAI students who created the wonderful bunting.

Mr Butler  
Head of Art







## **Black History Season**

### **Year 11, talk by Karen Blackett, OBE**

Year 11 had the opportunity to attend a virtual talk by Karen Blackett, a highly decorated businesswoman and the president of advertising group M. Blackett has also featured on the UK's 100 most influential black women 5 times. She spoke very engagingly about the experiences of her parents, who were a part of the Windrush generation, and the importance of her heritage and the impact it has had on her life.

It was interesting to know how she went from wanting to be an athlete and into advertising, and how athletics helped her

#### ***Fizza 11T***

I enjoyed learning about the experiences of her parents, who were a part of the wind rush generation and experienced racism when serving to the UK

#### ***Trinuha 11C***







## Modern Foreign Languages News

European Day of Languages 2023: 26<sup>th</sup> September



The objectives of the European Day of Languages are creating awareness about the importance of knowing multiple languages.

Here are some examples of activities our students took part in. Students received many Merits and Prizes for their creations. Bravo!

**Year 7** designed *mini language books*. This allowed them to use online dictionaries to look up their chosen word in as many languages as possible, illustrate and present it to the class, evaluating the similarities and differences between languages.



**Year 8** researched and practiced *tongue twisters* in either their home language or another foreign one. They then created a poster featuring it.



**Year 9** attended a French/ Spanish '**Mocktail party**'. Students prepared a dialogue in small groups on a given topic, such as TV programs or talking about themselves and their area, and performed it during the party. Some parts were videoed. Special thanks to **Shreshti Gurrapu (9J)** for editing the footage.



**Ms Grassi, MFL Subject Leader**



**PE NEWS**

It has been a busy week for the PE Department with multiple fixtures.

On Wednesday the 11<sup>th</sup> the Year 7 netball team played in a Redbridge netball rally at Redbridge Sports Centre. After numerous games they qualified for the semi-finals where they were up against the eventual winners Trinity. In the third-place playoffs they went down 0-3 in the first half then brought it to 3-3 with less than two minutes to play. Unfortunately, Wanstead scored another goal with no time for us to equal. The team should be incredibly pleased with their performance after limited training time. In the final match the opposition selected a player of the match which Caoimhe won.

Also, at Redbridge Sports Centre the Year 10 Sports Leaders umpired at the Year 5 and 6 Borough Netball Tournament. They all showed great resilience and performed amazingly under pressure especially as there was a wide range in the standard of play from the different schools, some of which had not played using the correct rules.





Thursday saw a change in the weather to rain and mud for the Redbridge Schools Cross Country Championships held at Fairlop Waters. The Year 7's ran a 1600m course, the Year 8 and 9's 3200m and Years 10 and 11 4600m. All the students who competed were a credit to the school in their behaviour and attitude. They all performed their best and supported each other throughout. We are still awaiting the official results but the best performances, from each of the age groups were: -  
Year 7 Precious 5<sup>th</sup>  
Year 8 and 9 Azzurra 3<sup>rd</sup> (bronze medallist)  
Year 10 and 11 Cynthia 8<sup>th</sup>



Thank you to all the girls who took up the opportunity to represent the school. The PE department are proud of you all.

There are a number of PE clubs for students to get involved it please see the full list towards the end of the Newsletter.

Final note

It would be appreciated if students are given the opportunity to represent the school in sporting events that they return their slips as soon as possible, even if they are unable to attend so that other students are able to be given the chance to have the privilege to represent the school and so that complete teams are able to compete.

***Mrs Mansell, Teacher of PE***



### **UAI celebrates World Mental Health Day**

Thank you to everyone in the school community who took part in supporting World Mental Health Day this week by wearing a yellow accessory to show their commitment to supporting those who may be struggling with their mental health. In particular it was great to see so many of our new Year 7s really getting involved and wanting to show their support!



**#HelloYellow** with 7 Ursula and Mr Burt & Ms Eakins



## Did you know...just registering your daughter for Free School Meals means that our school gets extra money!!

You can register your daughter for Free School Meals if you receive any of these benefits:

### Are you entitled?

- *Universal Credit (provided you have an annual net earned income of no more than £7,400, as assessed by earnings from up to three of your most recent assessment periods)*
- *Income Support*
- *Income-based Jobseeker's Allowance*
- *Income-related Employment and Support Allowance*
- *Support under Part VI of the Immigration and Asylum Act 1999*
- *The guarantee element of Pension Credit*
- *Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)*
- *Working Tax Credit run-on – paid for four weeks after you stop qualifying for Working Tax Credit*

If you want your daughter to have a free, healthy meal at lunchtime that's great – she will get a free meal (saving you more than £400 per year!). There is NO stigma attached and no one will know because we operate a cashless payment system in our Dining Hall.

If you qualify but don't want your daughter to have Free School Meals, please still register as the school will get additional funding. Your daughter can still continue to have her packed lunch as normal!

To apply please complete the on-line Free School Meals application on the Redbridge.gov.uk website. You can apply regardless of which borough you live in because your daughter attends a school in Redbridge. It is a simple 1-page form, so don't delay, apply today!!

It is important to note that:

- Taking the meal is recommended but not compulsory
- Your daughter may receive additional help as a result of being registered, for example, help with the cost of music lessons or school trips
- No one will know and it will not affect any other benefits you are claiming
- Registering your daughter for Free School Meals will bring in more money to our school. Thank you for your co-operation!



# Ursuline Menu for the coming week...

# MENU MY LUNCH MY WAY

**WEEK 1**

V = VEGETARIAN VE = VEGAN

	<b>BREAKFAST</b>	<b>MID-MORNING</b>	<b>LUNCH</b>
<b>MONDAY</b>	POWERBALLS V SAVOURY BREAKFAST MUFFIN Bacon / Egg / Veg Sausage VE YOGHURT & GRANOLA V	DIRTY VEGGIE WEDGES V MARGHERITA PIZZA V LOADED NACHOS V PANINI / BAGUETTE	HALLOUMI BURGER WITH SRIRACHA SLAW & JACKET WEDGES V MAC N' CHEESE V JACKET BAR ----- FRUIT SHORTBREAD VE DESSERT SPECIAL V Fruit / Jelly / Yoghurt
<b>TUESDAY</b>	POWERBALLS V PORRIDGE BAR V TOASTED BAGEL V Plain / Cream Cheese or Melted Cheese BREAKFAST HOT POT CINNAMON SWIRL V	DIRTY WEDGES Meat / Roast Vegetables V CIABATTA PIZZA V BREAKFAST WRAPS HUMMUS BAR VE 3 kinds PANINI / BAGUETTE	PERI PERI CHICKEN With Spicy Rice & Minted Peas FALAFEL & CARROT HUMMUS WRAP VE CHICKEN GYROS With Bean Salad & Sriracha Slaw CURRY BAR ----- VEGAN GINGER CAKE VE DESSERT SPECIAL V Fruit / Jelly / Yoghurt
<b>WEDNESDAY</b>	POWERBALLS V PORRIDGE BAR V SAVOURY BREAKFAST MUFFIN Bacon / Veg sausage VE BREAKFAST WRAP YOGHURT & GRANOLA V CINNAMON SWIRL V	SOUP V DIRTY VEGGIE WEDGES V CARBONARA PIZZA FALAFEL & HUMMUS CIABATTA V HOT CHICKEN WRAP PANINI / BAGUETTE	CHICKEN CARVERY ROAST 3 WAYS Lemon / Tandoori / Plain with Roast Potatoes, Gravy & Seasonal Vegetables QUORN ROAST VE With Roast Potatoes, Gravy & Seasonal Vegetables MEATBALL SUB PASTA BAR ----- MOUSSE V DESSERT SPECIAL V Fruit / Jelly / Yoghurt
<b>THURSDAY</b>	POWERBALLS V PORRIDGE BAR V TOASTED BAGEL V Plain / Cream Cheese / Melted Cheese BREAKFAST HOT POT CINNAMON SWIRL V	DIRTY WEDGES Meat / Roast Vegetables V PIZZA NAAN V SLOPPY GIUSEPPE HUMMUS BAR VE 3 kinds PANINI / BAGUETTE	CHICKEN KATSU CURRY With Rice & Mixed Pepper Sriracha Slaw SUMMER VEGETABLE CRISPY KATSU CURRY TRAY BAKE VE PASTA BOLOGNESE POT JACKET BAR ----- FRUIT TURNOVER VE DESSERT SPECIAL V Fruit / Jelly / Yoghurt
<b>FRIDAY</b>	POWERBALLS V PORRIDGE BAR V SAVOURY MUFFIN Egg / Bacon / Vegan Sausage VE BREAKFAST HOT POT FULL ENGLISH FRIDAY	SOUP V DIRTY VEGGIE WEDGES V PIZZA TWIST V LOADED NACHOS V CINNAMON SWIRL V PANINI / BAGUETTE	FISH & CHIPS With Peas & Baked Beans served with Curry Sauce / Ketchup / Tartar Sauce SPRING ROLLS & CHIPS VE With Sweet Chilli Sauce FISH FINGER SOFT TACO & CHIPS With Peas & Baked Beans served with Curry Sauce / Ketchup / Tartar Sauce PASTA BAR ----- FRUIT MUFFIN V DESSERT SPECIAL V Fruit / Jelly / Yoghurt

FRESH VEGETABLES & FRUIT SERVED DAILY



## Extra-Curricular Clubs

Day	Activity	Time	Room	Year
<b>MONDAY</b>				
<b>BREAKTIME</b>	Music Practice (Invitation only): SDE	10.40 – 11.00am	S5	Year 7-11
<b>LUNCHTIME</b>	Music Practice (Invitation only): SDE	12.40 – 1.10pm	S5	Year 7-11
	Guitar Ensemble: SDE	1.10 – 1.40pm	S5	Years 7-11
	Indoor Rowing: JMA/CHB	12.40 – 1.10p.m.	Gym	All Years
<b>AFTER SCHOOL</b>	Library Club: CFI	3.20 – 4.30pm	Library	Year 7-13
	Netball Club: JMA	3.30 – 4.30p.m.	Playground/Gym	Years 7-8
<b>TUESDAY</b>				
<b>BREAKTIME</b>	Music Practice (Invitation only): SDE	10.40 – 11.00am	S5	Year 7-11
<b>LUNCHTIME</b>	Music GCSE Students: SDE	12.40 – 1.10pm	S5/PR1/PR3	Year 10-11
	Violin Ensemble: SDE	1.10 – 1.40pm	S5	Year 7-11
	STEM Club: AKO	1.00 – 1.30pm	G12	Year 7-11
	Debating Team: EDO	12.40 – 1.10pm	F19	Year 12-13
	Maths Club: TKA	12.40 – 1.40pm	S6	Year 7-11
	Chemistry Club: JOS	12.40 – 1.10pm	G8	Year 10-13
	GCSE PE Intervention: SFR	12.40 – 1.30p.m.	G18	Years 10-11
<b>AFTER SCHOOL</b>	Subject Champions: RBA	3.30 – 4.30pm	G15	Year 12-13
	Library Club: CFI	3.20 – 4.30pm	Library	Year 7-13
	Netball Club: SFR	3.30 – 4.30p.m.	Playground/Gym	Years 9 - 13
<b>WEDNESDAY</b>				
<b>BREAKTIME</b>	Ukulele Group: DEA	10.40 – 11.00a.m.	S5	Year 7-8
<b>LUNCHTIME</b>	Music Practice (Invitation only): SDE	12.40 – 1.00p.m.	S5	Year 7-11
	UAI Choir: SDE	1.00 – 1.40p.m.	S5	Year 7-11
	Mindfulness and Wellbeing: NKA	12.40 – 1.10p.m.	G9	Year 12-13
	Multi Games – SS Students: JMA	12.40 – 1.10p.m.	Gym	All Years
	French Speaking Club: LGR	12.40 – 1.10p.m.	G6	Year 11
	Spanish Speaking Club: SCL	12.40 – 1.10p.m.	G5	Year 11
<b>AFTER SCHOOL</b>	DT Catch Up: AKO	3.30 – 4.30p.m.	G12	Year 11
	Football Club: LBU/DOK	3.30 – 4.30p.m.	Playground/Gym	All Years
	Peer Mentor: NKA/RBA/HCO/SFR	3.30 – 4.30p.m.	G15	Year 7-13
	Library Club: CFI	3.20 – 4.30p.m.	Library	Year 7-13
<b>THURSDAY</b>				
<b>BREAKTIME</b>	Music Practice (Invitation only): SDE	10.40 – 11.00a.m.	S5	Year 7-11
<b>LUNCHTIME</b>	Worship Band: SDE	12.40 – 1.10p.m.	S5	Year 7-11
	Woodwind Ensemble: SDE	1.10 – 1.40p.m.	S5	Year 7-11
	Art Club: RBU	12.40 – 1.40p.m.	S2	Year 7-13
	Knitting Club: HMA & Mrs Mackie	12.40 – 1.40p.m.	F18	Year 7-11
	Charity and Enterprise: LBU	12.40 – 1.10p.m.	F10	Year 12-13
	Sports Ambassadors: SFR	12.40 – 1.10p.m.	Dance Studio	Year 12-13
	SEN Science Club: MUD	12.40 – 1.10p.m.	G11	Year 8
<b>AFTER SCHOOL</b>	Library Club: CFI	3.20 – 4.30p.m.	Library	Year 7-13
<b>FRIDAY</b>				
<b>BREAKTIME</b>	Music Practice (Invitation only): SDE	10.40 – 11.00a.m.	S5	Year 7-11
<b>LUNCHTIME</b>	UAI Band: SDE	12.40 – 1.10p.m.	S5	Year 7-11
	Glee Club: SDE (Audition only)	1.10 – 1.40p.m.	S5	Year 7-11
	Art Club: RBU	12.40 – 1.40p.m.	S2	Year 10-13
<b>AFTER SCHOOL</b>	Library Club: CFI	3.20 – 4.30p.m.	Library	Year 7-13
	Running Club: JMA	3.30 – 4.30p.m.	Playground/Gym	All Years