



THE URSULINE ACADEMY ILFORD
A Catholic Academy for Girls
Weekly News – 2023/2024 Issue 8
3rd November 2023



Dear Parents/Guardians

This week we celebrated the special feast day of All Saints on Wednesday. A day when we remember all those who have gone before us and are now in heaven. Fathers Andrew and David joined us to celebrate two masses. I also led the school assemblies this week thinking of all our everyday heroes, those people who stand up for injustices in the world. I have asked our pupils to really consider how they can be upstanding when incidents or injustices occur rather than being helpless bystanders. This is especially important when young people are being mean or unkind online.

I asked the students to think about what they could do to call out this behaviour or report it to an adult for simply standing by is like colluding with those who post or send unkind messages. This links well into anti-bullying week which is coming up soon.

I'm especially proud of our worship band who led us in singing one of our favourite songs "Standing on the shoulders". #SERVIAM



We are eagerly awaiting the return of the students who travelled to Naples this week for the Humanities & Arts trip, the reports I have heard are that it's been a great week. I'm sure we'll have plenty of photos next week. Thank you to Ms Colder and the team for this great trip, the first trip abroad since Covid struck.

Wish best wishes for the week ahead,

God bless!

Fiona Stone headteacher@uai.org.uk



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Chaplaincy News



Pope Francis@Pontifex – 2nd November 2023

Today, thinking of the dead, let us ask the Lord for peace so that people are no longer killed in war. War is a defeat, always. Let us pray to the Lord for our deceased, for everyone – that the Lord might welcome them all.



Forward in Joy – 366 days with Angela Merici – Daily words of wisdom from our patron saint
November: Community

3rd November: Live in harmony, united together, all of one heart and one will.

4th November: God has granted you the grace of choosing you to serve his divine Majesty.

5th November: may you sustain and carry out vigorously and faithfully the charge laid upon you.

6th November: God will give you the necessary strength, provided you do not fail for your part.

7th November: There will be no other sign that you are in the grace of the Lord that that you love one another and are united together.

8th November: Rejoice together.

9th November: God has so ordained from all eternity that those who are united in doing good enjoy every prosperity.

The Ursuline Prayer
Gracious God,
Let us remain in harmony,
United together all of one heart and one will.
Let us be bound to one another
by the bond of love,
Respecting each other, helping each other
And bearing with each other in Jesus Christ
For if we try to be like this, without any doubt,
The Lord God will be in our midst.





Art News

Artist of the Month
Ruth Chandy Year 11



Ruth Chandy has created a surreal piece of art for her *Metamorphosis* project; she decided to 'morph' two objects: one natural object (a stag beetle) with a man-made object (a playing card).

She says, 'I prefer producing surreal artworks, as I enjoy putting together realistic objects in an unrealistic way' The results look strange and alien, like something Salvador Dali might have created. Well done, Ruth.

Mr Butler
Head of Art





Drama News

The Year 10 Drama GCSE students have worked hard to create fantastic research on the history of masks in Theatre. I was very impressed with the creativity that went into this work.

Well done Year 10 Drama stars!



Ms Milne, Subject Leader Drama



MFL News

A week of culture

The week before half term was a busy week culturally for us. Year 7 did some research on French and Spanish speaking famous black people, wrote a paragraph about them, and created a fabulous door display. Friday 20th October was our School Cultural Day, please see photo below of my form class!

Here are some photos.



Year 7 display for BHM



8J for Cultural Day

Ms Grassi, Subject Leader MFL

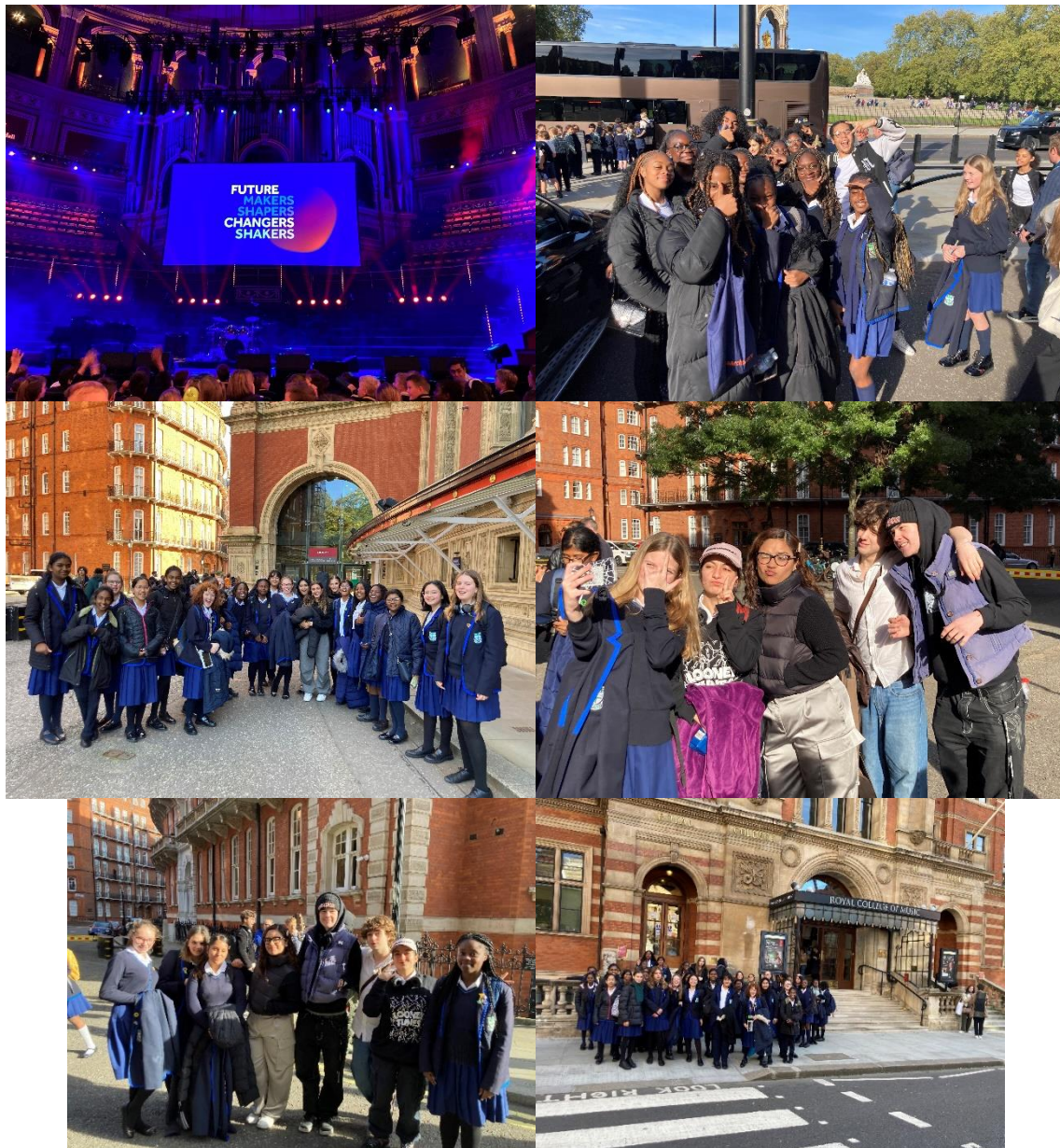


Music News

Future Makers' – Music Trip to the Royal Albert Hall, London

Students in Years 7-10 went on an exciting music trip to the Royal Albert for a tour and concert on Tuesday 17th October. 'Future Makers' is an annual school's concert which showcases talented young musicians from across London. The girls were inspired by the 7 amazing acts aged 14-18 who performed their own original music of various genres, including rock, pop, funk, r'n'b and folk in the Hall's world-famous auditorium. The concert was presented by two of the Hall's Associate Artists, LionHeart and Jess Gillam, and featured a special performance by last year's winner. After the concert, the girls even got to meet some of their favourite performers!





“The trip was so fun. I enjoyed the performances. 10/10 experience. Some of the acts really inspired me and my friends.” – **Sabeen 9J**

“I want to thank you sincerely for this wonderful trip. I really enjoyed it. It was my first time at such an event, and I really liked it. It was very interesting there. All these young performers really inspired me a lot. They proved and reminded me that if you really want to, you can do anything. And that dreams always come true.” – **Vira 9T**

“This is my second time going to the Royal Albert Hall and both times have been so fun and enjoyable! The best performance in my opinion was a rock group called ‘Single Workers’ – they were so cool!” – **Tareena 10U**

“I find going to the Royal Albert Hall absolutely amazing every time I visit. Every time I walk in, I am in awe at the sheer immensity of it all. It is so beautiful, and the atmosphere is really grand, and kind amplified the music. It was nice to do the tour and find out the history of it before the concert.”
– **Laksha 10T**

"The trip was so good and seriously inspirational. It made me want to create a musical group with friends. The winner almost made me tear up. The drummer and guitarist of the first group inspired me the most." – **Chidera 10C**

All Saints Mass

Well done to our Choir and Worship Band for leading the music in our All Saints masses this week. We are very proud of you all and look forward to future performances.



Culture Day



10 Ursula – 'United in Harmony' – celebrating our different cultures on Culture Day



Wyeshali (Year 10) performing on her Indian Classical instrument called the Veena.

Please see pictures below of our amazing Worship Band (students in Year 9 and 10) who lead the music in our assemblies every week. # Serviam girls!



Ukulele Club

We are loving playing Ukulele on a Wednesday! It is lovely to see so many new members taking part and learning a new skill. Well done to all our year 7s and year 8s. We will always welcome new members too, so if this is something you would like to take part in, especially as the cold weather creeps in, do join us!



Ms Deller, Subject Leader Music



PE News

On Monday the Year 7 and 8 netball teams will be playing their first league match of the season against Seven Kings here at Ursuline. Good luck!

From this Wednesday, the 8th of November, the indoor athletics club will commence. This is mainly for Year 7 and 8 students, along with some GCSE PE students. We will be working on our running, jumping, and throwing skills so come along and find out more about it. This club will take place in the gym at 12.40pm.

Mrs Mansell, Teacher of PE



Science News

Lava lamps

This week in Science Club we made something that will definitely brighten our mood now that the clocks have gone back, Lava lamps.

The two liquids used were oil and water which are close in density but insoluble with each other meaning that they won't mix. Even though they are close in density the small difference between them allows them to move around. When held in your hand or placed under a bulb it warms the denser of the two liquids and as it heats up it expands and floats to the top. On the top the liquid cools down and falls again. This rise and fall are what we see in the bubbles giving us the unique sight we have.

We made this even faster by adding some Alka Seltzer tablets which introduced a lot of bubbles to show us the lava lamp working even faster.



Mr Uddin and Ms Agudelo





School Governor Required

Have you ever thought about becoming a school governor?

As a Governor, you are a member of the governing body, which is a corporate team. The governing body works with the headteacher to set high expectations and drive school improvement. Governors enable the school to run as effectively as possible, working alongside senior leaders.

Being a governor provides an opportunity for personal development, building your skills and experience in areas such as project management, budgeting, and working as part of a leadership team. Most importantly you will gain an insight into the operation of the school, influence decisions on how the school operates, provide constructive challenge, and play a vital role in making sure every child gets the best possible education.

The Ursuline's Governing Body consists of Parent Governors, Foundation Governors, Co-Opted Governors, Staff Governors, and the school's Senior Leadership Team.

If you would like to make a difference and join the Governing Board, we currently have a vacancy for a Foundation Governor.

Who can be a Foundation Governor?

You must be over 18 and a practising Catholic. Expertise or life experience which will contribute to the success of the school is ideal, but the most important attributes are a passion for school improvement to enable every child to reach their potential, and a commitment to playing an active part whilst working as part of a team.

Foundation Governors in the Diocese of Brentwood are appointed by Bishop Alan to represent his education policy in his school. They preserve and develop the Catholic ethos of the school.

What are the time commitments?

The average Governor role will take up to 10 hours a term including attending one governing body meeting per term and typically, serving on one committee. You will need to be able to attend meetings regularly and have time to read the paperwork and get to know the school well.

You are also expected to demonstrate commitment to fulfilling your role responsibly through your ongoing training and development. A range of governor training, including Induction and online learning, are available and will be provided.

If you are not a practicing Catholic, we will shortly have a vacancy for a Parent Governor, please keep an eye on our Newsletter for further details!

Ms Ingrid Doves, Chair of Governors



Make A Difference

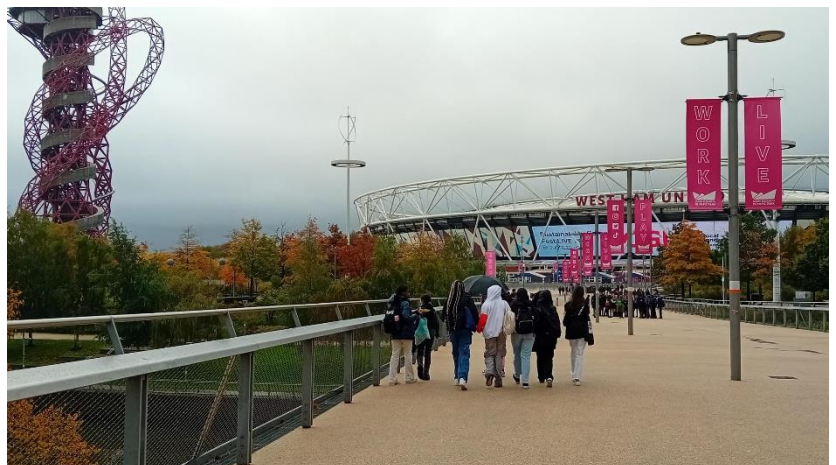




Sustainable Careers Fest



Ms Eakins and I took some Year 8 students to a Sustainable Careers Fest in London Stadium, Stratford. The students got the chance to speak to lots of different businesses, colleges and universities who are all doing amazing things in the field of sustainability. They also took part in two interactive workshops, ran by Polestar and BT, and had lunch in the stands of the stadium.'



Mr McCarthy, Geography Teacher & Head of Year 8



UAI Cultural Day







As you can see, we had a great day of celebrations!



Redbridge News

Please can you send the following links to families which will support them with the cost of living:

[Cost of Living \(redbridge.gov.uk\)](https://redbridge.gov.uk/cost-of-living)

[Cost of Living - Cost of Living payment \(redbridge.gov.uk\)](https://redbridge.gov.uk/cost-of-living-payment)

[Cost of Living - Foodbanks \(redbridge.gov.uk\)](https://redbridge.gov.uk/cost-of-living-foodbanks)

There is the [Ilford Community Grocery](https://communitygrocery.org.uk/ilford/) - we urge every family in need to join the Ilford Community Grocery, 25-29 Clements Rd where residents can buy food at 80% discount:

For the longer term you may be interested in buying your groceries at the Ilford Community Grocery. Join this grocery for £5 a year and you can buy 12 items for just £5. It is located at 25-29 Clements Rd, Ilford. It is open Monday through Friday 9:30am - 4:30pm. More details: <https://communitygrocery.org.uk/ilford/>

What Parents & Carers Need to Know about

X

AGE RESTRICTION
13+

WHAT ARE THE RISKS?

In October 2022, the enormously popular social media network Twitter was purchased by tech tycoon Elon Musk. That sparked a host of changes to the platform – not all which have been received positively by its fans. The alterations have continued with each passing month, many of them raising online safety concerns among the 530 million users of Twitter (now rebranded as simply X). With further adjustments reportedly in the pipeline, X has attracted more than its usual share of controversy and caution in recent times.

A BLOCK ON BLOCKING

X has announced plans to remove its blocking feature. Previously, this stopped other users from viewing your profile or sending you direct messages, while also hiding their posts from your feed. Only this latter function will now remain. The decision has been criticised by some members, who feel that blocking (in its current form) protects them from X users who promote denial and hatred.

LIMITED REPORTING FEATURES

X offers a premium membership, with some functionality (such as controlling who can view and reply your posts) increasingly being made exclusive to those who pay the subscription fee. Several commentators have speculated that X could one day become an exclusively paid-for service, with access to accounts being revoked for anyone unwilling or unable to take out a subscription.

AGE-INAPPROPRIATE CONTENT

Many of X's less age-appropriate posts can feature anything from extreme political views to pornography. While accounts marked as 18+ are restricted from non-members, it's still fairly easy to stumble across this material accidentally. X's new 'For You' page also shows content from accounts that a user *doesn't* already follow – meaning that almost anything could end up on a child's feed.

VERIFICATION FOR SALE

Historically, Twitter's moderators granted account verification: certifying someone as authentic by placing a blue tick next to their username. One of X's earliest changes was to place verification behind a paywall; this caused the number of celebrity impersonators to rise and left no way to distinguish a legitimate influencer from a copycat fake account seeking to exploit other users.

BLUE TICK SALE

Advice for Parents & Carers

PROTECT PRIVACY

Unsavory characters may try to gain access to a young person's X account – either to view their posts and gather information on them, or to completely take control of it. To minimise risk, ensure the account has a strong password and enable the 'Protect Your Posts' feature (via the account settings), so that strangers can't view your child's posts without first being approved as a follower.

DON'T RISE TO THE BAIT

To gain more views and followers, some X users post deliberately inflammatory comments on sensitive topics such as race, sexual orientation and gender issues. Many young people could find this upsetting. Emphasise that, if your child encounters someone spreading hate on X, it's best not to give that person what they want: an argument. Ignore them, mute their account and move on.

STAY ALERT FOR IMPOSTERS

Make sure your child understands that X's blue ticks no longer guarantee the identity of anyone on the platform. While it might be exciting if a celebrity liked your child's post, it could just as easily be an imposter with malicious intentions. If your child's not 100% sure that an X user actually is who they claim to be, advise them to err on the side of caution and avoid interacting with that account.

ONLY FOLLOW TRUSTED ACCOUNTS

Using the 'Following' tab on X helps to ensure that the only content your child sees has come from accounts they've chosen to follow: this should reduce the chance of them inadvertently being exposed to harmful, violent or explicit content. Show your child how to report another user's account if, say, they're behaving inappropriately by spreading misinformation or offensive opinions.

BE READY TO TAKE ACTION

If your child suffers harassment on the platform or becomes the target of a hack, you could consider deactivating their account entirely. Recently, X's safety features have been criticised for allegedly failing to protect users' wellbeing – so if your child is being subjected to abusive messages or similar mistreatment on the platform, it might be prudent to remove them from X altogether.

Meet Our Expert

Lloyd Coombes is Editor in Chief of gaming and esports site GGRecon and has worked in the gaming media for around four years. Always eager to test out the latest apps, games and online trends, he's also a parent who understands the importance of online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including IGN and TechRadar.



National
Online
Safety®

#WakeUpWednesday

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national_online_safety



Are you entitled?

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:

- *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 2

V = VEGETARIAN VE = VEGAN

MONDAY

BREAKFAST

POWERBALLS V
SAVOURY BREAKFAST MUFFIN
Bacon / Egg / Veg Sausage VE
YOGHURT & GRANOLA V

MID-MORNING

MARGHERITA PIZZA V
LOADED NACHOS V
PANINI / BAGUETTE

LUNCH

ROASTED VEGETABLE & PESTO PASTA
BAKE V
QUORN FISHLESS FISH FINGER WRAP
With Coleslaw VE
JACKET BAR

VEGAN CHOCOLATE BROWNIE VE
DESSERT SPECIAL V
Fruit / Jelly / Yoghurt

TUESDAY

POWERBALLS V
PORRIDGE BAR V
TOASTED BAGEL V
Plain / Cream Cheese or Melted Cheese
BREAKFAST HOT POT
CINNAMON SWIRL V

BREAKFAST MUFFIN V
PIZZA MUFFIN / BAGEL V
BREAKFAST WRAPS
HUMMUS BAR VE
3 kinds
PANINI / BAGUETTE

CHICKEN RENDANG
With Rice
ROASTED SUMMER VEGETABLES &
MOZZARELLA TRAY BAKE V
CHIPOTLE CHICKEN & SWEET POTATO BOWL
CURRY BAR

FLAPJACK VE
DESSERT SPECIAL V
Fruit / Jelly / Yoghurt

WEDNESDAY

POWERBALLS V
PORRIDGE BAR V
SAVOURY BREAKFAST MUFFIN
Bacon / Veg sausage VE
BREAKFAST WRAP
YOGHURT & GRANOLA V
CINNAMON SWIRL V

BREAKFAST MUFFIN V
MARGHERITA PIZZA V
SLOPPY GIUSEPPE
HUMMUS BAR VE
3 kinds
PANINI / BAGUETTE

CHICKEN CARVERY ROAST 3 WAYS
Lemon / Tandoori / Plain with Roast Potatoes,
Gravy & Seasonal Vegetables
BBQ QUORN MELT V
With Wedges & Coleslaw
ROAST BAGUETTE / FLATBREAD
JACKET BAR

SUMMER ICED LOAF V
DESSERT SPECIAL V
Fruit / Jelly / Yoghurt

THURSDAY

POWERBALLS V
PORRIDGE BAR V
TOASTED BAGEL V
Plain / Cream Cheese / Melted Cheese
BREAKFAST HOT POT
CINNAMON SWIRL V

SOUP V
PANINI / BAGUETTE
PIZZA TURNOVER V
LOADED NAAN
HUMMUS BAR VE
3 kinds
PANINI / BAGUETTE

SAUSAGE, PEPPER & POTATO TRAY BAKE
TERIYAKI NOODLES WITH BROCCOLI,
CARROTS & MANGE TOUT V
CHICKEN TANDOORI NAAN
With Sriracha Slaw
PASTA BAR

BANANA OATBAR V
DESSERT SPECIAL V
Fruit / Jelly / Yoghurt

FRIDAY

POWERBALLS V
PORRIDGE BAR V
SAVOURY MUFFIN
Egg / Bacon / Vegan Sausage VE
BREAKFAST HOT POT
FULL ENGLISH FRIDAY

SOUP V
DIRTY JACKETS
With Roast Vegetables V
MARGHERITA PIZZA V
LOADED NACHOS V
PANINI / BAGUETTE

FISH & CHIPS
With Peas & Baked Beans served with
Curry Sauce / Ketchup / Tartar Sauce
VEGGIE SAMOSA & CHIPS VE
With Curry Sauce
SALMON KATSU & RICE
JACKET BAR

ORANGE DRIZZLE CAKE
DESSERT SPECIAL V
Fruit / Jelly / Yoghurt

FRESH VEGETABLES & FRUIT SERVED DAILY



Day	Activity	Time	Room	Year
MONDAY				
BREAKTIME	Music Practice (Invitation only): SDE	10.40 – 11.00am	S5	Years 7-11
LUNCHTIME	Music Practice (Invitation only): SDE	12.40 – 1.10pm	S5	Years 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
AFTER SCHOOL	Library Club: CFI	3.20 – 4.30pm	Library	Years 7-13
	Netball Club: JMA	3.30 – 4.30p.m.	Playground/Gym	Years 7-8
TUESDAY				
BREAKTIME	Music Practice (Invitation only): SDE	10.40 – 11.00am	S5	Years 7-11
LUNCHTIME	Music GCSE Students: SDE	12.40 – 1.10pm	S5/PR1/PR3	Years 10-11
	Violin Ensemble: SDE	1.10 – 1.40pm	S5	Years 7-11
	STEM Club: AKO	1.00 – 1.30pm	G12	Years 7-11
	Debating Team: EDO	12.40 – 1.10pm	F19	Year s12-13
	Maths Club: TKA	12.40 – 1.40pm	S6	Years 7-11
	Chemistry Club: JOS	12.40 – 1.10pm	G8	Year s10-13
	GCSE PE Intervention: SFR	12.40 – 1.30p.m.	G18	Years 10-11
AFTER SCHOOL	Subject Champions: RBA	3.30 – 4.30pm	G15	Years 12-13
	Library Club: CFI	3.20 – 4.30pm	Library	Years 7-13
	Netball Club: SFR	3.30 – 4.30p.m.	Playground/Gym	Years 9 - 13
WEDNESDAY				
BREAKTIME	Ukulele Group: DEA	10.40 – 11.00a.m.	S5	Years 7-8
LUNCHTIME	Music Practice (Invitation only): SDE	12.40 – 1.00p.m.	S5	Years 7-11
	UAI Choir: SDE	1.00 – 1.40p.m.	S5	Years 7-11
	Mindfulness and Wellbeing: NKA	12.40 – 1.10p.m.	G9	Years 12-13
	Indoor Athletics: JMA	12.40 – 1.10p.m.	Gym	Years 7-8
	French Speaking Club: LGR	12.40 – 1.10p.m.	G6	Year 11
	Spanish Speaking Club: SCL	12.40 – 1.10p.m.	G5	Year 11
	SEN Science Club: MUD	12.40 – 1.10p.m.	G11	Year 8
AFTER SCHOOL	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	Years 7-13
	Library Club: CFI	3.20 – 4.30p.m.	Library	Years 7-13
THURSDAY				
BREAKTIME	Music Practice (Invitation only): SDE	10.40 – 11.00a.m.	S5	Years 7-11
LUNCHTIME	Worship Band: SDE	12.40 – 1.10p.m.	S5	Years 7-11
	Woodwind Ensemble: SDE	1.10 – 1.40p.m.	S5	Years 7-11
	Art Club: RBU	12.40 – 1.40p.m.	S2	Years 7-13
	Knitting Club: HMA & Mrs Mackie	12.40 – 1.40p.m.	F18	Years 7-11
	Charity and Enterprise: LBU	12.40 – 1.10p.m.	F10	Years 12-13
	Sports Ambassadors: SFR	12.40 – 1.10p.m.	Dance Studio	Years 12-13
Fortnightly	African Caribbean Society: TKA/SFR/NKA	1.10 – 1.40p.m.	S6	All Years
AFTER SCHOOL	Library Club: CFI	3.20 – 4.30p.m.	Library	Year s7-13
FRIDAY				
BREAKTIME	Music Practice (Invitation only): SDE	10.40 – 11.00a.m.	S5	Year s7-11
LUNCHTIME	UAI Band: SDE	12.40 – 1.10p.m.	S5	Years 7-11
	Glee Club: SDE (Audition only)	1.10 – 1.40p.m.	S5	Year s7-11
	Art Club: RBU	12.40 – 1.40p.m.	S2	Years 10-13
AFTER SCHOOL	Library Club: CFI	3.20 – 4.30p.m.	Library	Years 7-13
	Running Club: JMA	3.30 – 4.30p.m.	Playground/Gym	All Years