



**THE URSULINE ACADEMY ILFORD**  
**A Catholic Academy for Girls**  
*Weekly News – 2023/2024 Issue 10*  
**17<sup>th</sup> November 2023**



Dear Parents/Guardians

It's been another busy week in school as we progress through this term. This is the longest half term of the academic year and I understand students and adults can feel tired as we adjust to the darkness and upcoming winter months. Next week students will feel like they have a mini-break however, for we are holding two INSET days on Thursday & Friday. We are making many improvements here at UAI and these days are being dedicated to staff collaborating on developing best practice in the classroom.

I'd like to announce that Ms Semambo, who joined the school as a teacher of RE in September working Mondays and Tuesdays, is now working a third day in the week on chaplaincy work. You'll see below her update. Ms Semambo is a very experienced leader in RE education and we are blessed to have her carrying out this work at the academy.

You will see after the chaplaincy notices information on the CAFOD fundraising day we are holding on Wednesday. If pupils wish to participate, they must bring £1 to dress in non-uniform. We hope much needed funds are raised to support civilians who are suffering greatly in the Middle East at this time. Please continue to pray for peace in the region.

As the temperatures drop many of us like to wear extra layers for warmth. Please note that we do wear our uniform correctly at all times so if pupils are wearing extra layers under clothes, they must not be visible. Thermal t-shirts with short or long sleeves are acceptable but should fall below the neckline of the blouse.

There are so many good news stories and information in this week's newsletter, do read the contents with enthusiasm for articles of interest. I am very proud of all the students and staff at the academy and everything they do over and above the daily expectations!

Finally, Year 7 and 8 Christmas Disco organising committee will meet at 3:30pm for 20 minutes on Wednesday 22<sup>nd</sup> November. If you have not yet volunteered to help but would like to do so, please feel free to attend the meeting. We will meet in the school reception at 3:30.

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

Please can we remind all families that we have INSET days on 23<sup>rd</sup> & 24<sup>th</sup> November, students are not expected in school for these two days.



### Newsletter Contents this week:

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### Chaplaincy News



**Pope Francis@Pontifex** – 15<sup>th</sup> November 2023

Let us [#PrayTogether](#) for [#Peace](#), especially for the martyred Ukraine and for the Holy Land, in Palestine and Israel. May we not forget Sudan, which suffers greatly. We should take a moment each day to pray for peace. We desire peace!



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

**17<sup>th</sup> November:** In everything, willingly be gentle.

**18<sup>th</sup> November:** take care especially that they are united and one in will.

**19<sup>th</sup> November:** The more you are united, the more Jesus Christ will be in your midst as a father and good shepherd.

**20<sup>th</sup> November:** Among the good and necessary means that God has granted me, you are the one of the most important.

**21<sup>st</sup> November:** I am continually among them with Jesus Christ, the Lover of us all.

**22<sup>nd</sup> November:** Living all united in heart, you will be like a mighty fortress.

**23<sup>rd</sup> November:** Persevere faithfully and joyfully in the work you have begun.

#### 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

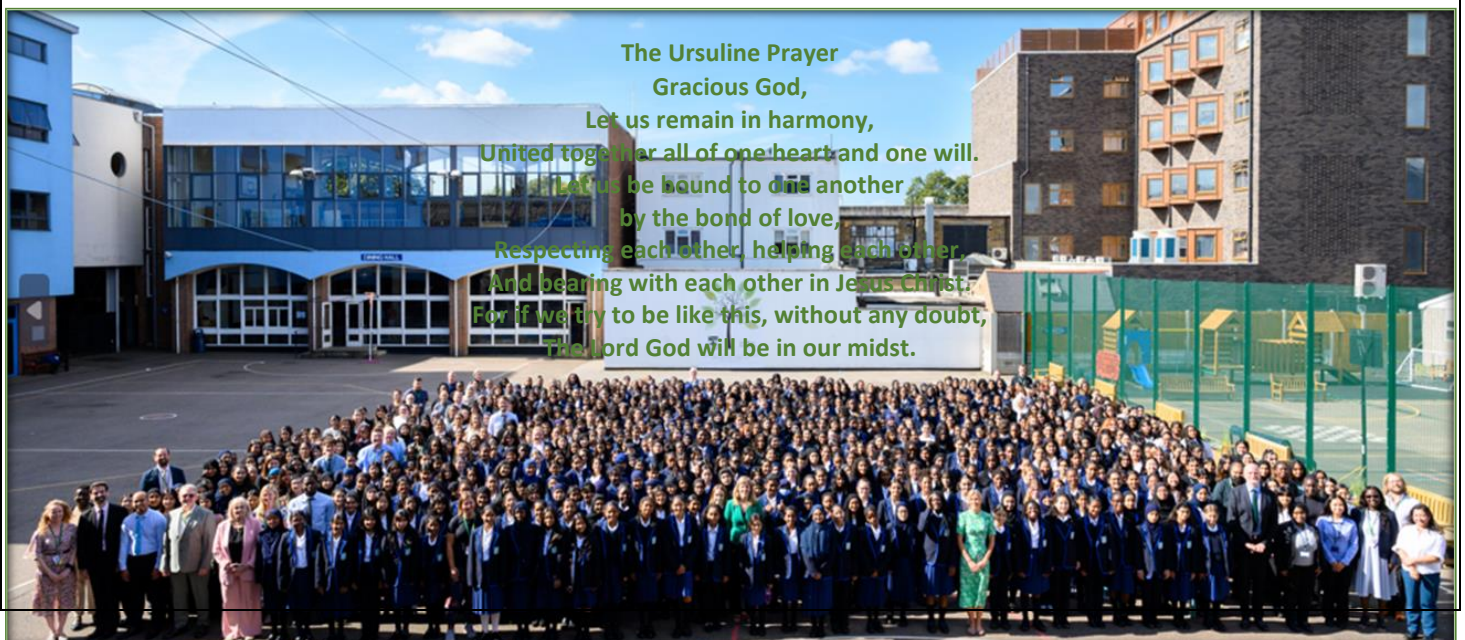
by the bond of love,

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.



### **November 1: All Saints Day.**

All Saints' Day – also known as All Hallows' Day or Hallowmas, "hallow" meaning "holy" – is observed by **Roman Catholics**, and most **Protestant denominations** on 1 November and prompts Christians around the world to reflect on the lives of saints and martyrs throughout the ages.

The faithful should consider how the faith and sacrifice of saints can influence our own lives.

*"We celebrate today the solemnity of All Saints. This invites us to turn our gaze to the immense multitude of those who have already reached the blessed land and points us on the path that will lead us to that destination,"*

Pope John Paul II reminded Catholics in 2003.

All Saints day is a Holy day of Obligation for Catholics which means we should make the effort to attend Mass.



### **Book of remembrance.**

There will be a book of remembrance in the chapel for anyone that wishes to write a message commemorating a loved one that has died.

**May God grant them all eternal rest.**

The Ursuline Academy Ilford

### **CHAPLAINCY NOTICES: NOVEMBER**



**November, the 11 Month of the year is filled with days of Religious, Spiritual and National significance.**



### **November days of Religious Significance**

**November 12 – Diwali:** A 5-day festival celebrated by Hindus, Sikhs, and Jains. Known as the festival of light it honours gods, goddesses, harvests, New Years.

**November 27 – Jain New Year:** A day celebrated on the first day after the month of Kartika.

**November 30 – St. Andrew's Feast Day:** St. Andrew is the patron saint of Scotland, Greece, Russia, Ukraine, Barbados, and Romania. This day honours him, his good works, and his canonization in the Catholic Church.



### **November 2: All Souls Day.**

All Souls' Day, also called The Commemoration of All the Faithful Departed, is a day of prayer and remembrance for honouring the dead, the faithful departed. The day is primarily celebrated in the **Roman Catholic Church**, but it is also celebrated in the **Eastern Orthodox Church** and a few other denominations of Christianity. Through prayer, intercessions, alms and visits to cemeteries, people commemorate the poor souls in purgatory.

The tradition of offering prayers for the deceased has its roots in old writings, particularly in 2 Maccabees 12:42-46;

*<sup>46</sup> It is therefore a holy and wholesome thought to pray for the dead, that they may be loosed from sins.*

**During this month Christians will make an extra effort to remember those they have lost.**

### **Prayer for the faithful departed;**

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

May the souls of all the faithful departed, through the mercy of God, rest in peace.

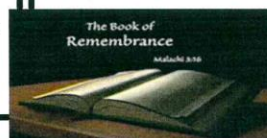


**British Values: Remembrance Day** is a memorial day observed in the UK and Commonwealth member states since the end of the First World War. The day honours armed forces members who have died in the line of duty. **Remembrance Sunday** is also marked each year, and usually falls on the second Sunday in November.

A 2 minute silence is observed .

Remembrance Sunday is a national opportunity to remember the service and sacrifice of all those that have defended our freedoms and protected our way of life.

**Many wear poppies as a sign of remembrance, appreciation, and hope.**





Catholic Agency for  
Overseas Development

## Prayer for peace in the Middle East

**“They will hammer their swords into ploughshares and their spears into sickles. Nation will not lift sword against nation, no longer will they learn how to make war.”**

Isaiah 2:4

God of peace, bearer of hope,  
we seek your help  
for the peoples of the Middle East.

Quiet the clamour of war  
and guide us towards peace.

Where there is hatred and division  
sow seeds of calm and openness.

Where there is destruction  
help us to rebuild.

Where children are crying  
bring an end to tears.

Shelter your peoples and protect them  
Guide them and keep them from harm.

Show us how to break down the barriers of history and fear  
and breathe whispers of hope.

Amen.

### The Ursuline Academy Ilford

**Non-Uniform Day:      Wednesday 22<sup>nd</sup> November**



## Alumni News

We were extremely proud to welcome back **Khadija Ismail** last Thursday to speak with sixth form students regarding Apprenticeships. In particular, Apprenticeships with PWC, and the wide and varied opportunities open to our students post 18. She spoke eloquently and it was great to have her back in a professional capacity. We hope that she has inspired many others to reach for the top and as a young woman and from an underrepresented ethnic minority background, shown that the doors are open for anyone who wants to achieve. Khadija has very kindly offered help to anyone who may be interested in applying for Apprenticeships. Please see Ms Basi for her contact details if you would like to know more.

Serviam Khadija!

**Ms Basi, Head of Year 13**



## Art News

**Dryad Education Winner - Iman Agsar**

Iman was pleased to hear this week that her painting of the northern lights called 'Blue Sky' had been chosen to be included in the Dryad Education art supplies catalogue 2024. She has been awarded a voucher for £25. Well done, Iman!

**Mr Butler, Head of Art**



## National Chemistry Week 2023 - 'Chemistry making the world a better place'

From the 6-10<sup>th</sup> November, at UAI, we celebrated Chemistry week organised by the Royal Society of Chemistry. Students in Years 7 to 13 enjoyed exciting practicals at lunchtime, form time PowerPoint presentations on careers, talks by sixth formers on what it is like to study A level Chemistry and why they chose to study the subject and a Chemistry kahoot competition.

Evaporation of original coke compared to diet coke showed the original drink left behind a large amount of sugar residue than the diet version, which surprised the students. They then used glucose strips to measure quantitatively the amount of glucose in a range of fizzy drinks and compared them. Measuring the pH of the fizzy drinks showed they were very acidic and have the ability to dissolve teeth if too much is drunk. Students were challenged to think about the potential health issues of fizzy drinks. This led to a discussion on damage caused to their teeth, obesity, and diabetes. Our future scientists, also, looked at sustainable ways of preserving finite resources. They investigated making batteries from different fruits and plastics from starch obtained from potatoes. I received very positive comments about the classroom talks given by the sixth formers. The Kahoot was enjoyed by all those who attended. Well done all!



Many thanks to the A level Chemists for helping to run the event, the science department and all the form tutors for their support.

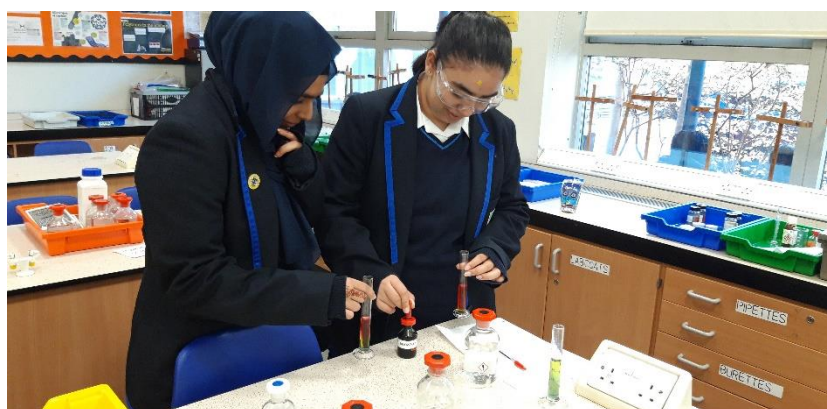
### ***Dr Osei-Owusu, Acting Head of Science***

Below are some pictures and a few comments from some of the students who participated:

'The first time I joined, it was amazing, not only did I learn new things we did great science experiments. I found this club really fun' **Milly 7T**



'I loved how we got to explore new things. The best part I learnt was how the experiment worked. I have learnt many new things during Chemistry week'. **Aayat Hamza 7T**



'I went to Chemistry week, and it was so much fun. We did fun experiments like making energy from citrus fruits, flame test, acid and alkaline test and coke or diet coke which one has more sugar. In the flame test

we dipped a metal rod in a powder and then put it in the flame to see what colour it will be. In the alkaline and acid test we added a few drops of universal indicator to Coke, and it became red. I used the scale to measure, and it was pH 1. The best part for me was hard to pick but I will choose the flame test. I learnt that the powder can change the flame colour and how acidic coke is. It was an amazing experience, and I



will definitely go to Chemistry club every Tuesday.’ **Manahil Abid 7T**

‘I like the experiments especially the flame tests. I learnt how to do many practicals and lab safety.’  
**Aleza Qadir 8C**



Since last week was chemistry week, a couple of sixth formers came to my form class and gave a short but informative talk about A level Chemistry, what careers you can go into with Chemistry and the tips and tricks needed for revision to help us get good marks for our GCSEs. I found the talk really helpful as it gave me an insight into what

A-level Chemistry is like, especially as I am planning on taking A level Chemistry for one of my subjects in year 12 next year. The sixth formers answered all the queries and doubts my class had. It was overall a very enlightening talk!’ **Anjgelina Kurien 11U**

‘During Chemistry week we found the practicals very exciting. Generating electricity from fruits and flame tests were our personal favourites. We particularly enjoyed hosting a kahoot quiz competition and hope we can do it again in the future. Thank you to Dr Osei-Owusu and everyone who arranged it’ **Year 13 A Level Chemistry Class**



## Diwali Celebrations

I am pleased to share with you an update on the success of our recent Diwali workshops, hosted by the South Asian Society (SAS) at the Ursuline Academy Ilford last Friday. The Maths corridors were beautifully transformed into a vibrant venue, setting the stage for a truly remarkable event.

Diwali, known as the Festival of Lights, holds great cultural and traditional significance for millions of people worldwide. It symbolises the triumph of light over darkness and good over evil. In the spirit of this auspicious occasion, the SAS organised a series of workshops that brought our school community together to learn and experience the essence of Diwali.

The week commenced with our whole school gatherings dedicated to Diwali, overseen by Mr Robertson. It concluded with our enlightening workshops filled with memorable moments, and I'd like to highlight a few:

**1. Bharatanatyam Dance:** We were treated to a mesmerising performance of Bharatanatyam, a graceful South Asian dance form. **Wyeshali, Asmithaa, Yarshana, and Naga** captivated the audience with their storytelling through dance, conveying emotions with every gesture and igniting a sense of awe with their rhythm. **Thiwethu, Rinusha, Disany, Manuska, Aashni, and Romisa** played a pivotal role in coordinating the dance routine, working tirelessly to ensure its success while **Safeeyah** delighted everyone by serving Mithai (traditional Indian sweets). The room was left in awe, with everyone sharing a collective "wow."

**2. Rangoli Drawing:** Our pupils unleashed their inner artists as they explored the ancient art of Rangoli. Their unique designs bloomed like vibrant petals on a canvas, celebrating creativity with every stroke of colour. Our Year 11 art students produced a masterpiece at the center of the room, using traditional Rangoli powder. I extend my gratitude to **Anoosha, Sahara, Hrithika, Alina** and **Mr Deen** for their invaluable contributions to this workshop and the broader Diwali celebrations as well.

**3. Henna & Henna Candle Making:** The queue for this workshop seemed never-ending, and it was no surprise given the enchanting nature of henna art. **Muntaha** and **Maariya** skillfully coordinated this workshop, ensuring its smooth operation. Each stroke of henna infused the hands and candles with the timeless beauty of tradition, creating an ambiance of elegance and warmth. This workshop truly embodied the spirit of light and love. I extend my thanks to **Ms Siva, Ms Basi, Ms Kayode, Ms Ahmed** and **Ms Francis** for their assistance with this workshop.

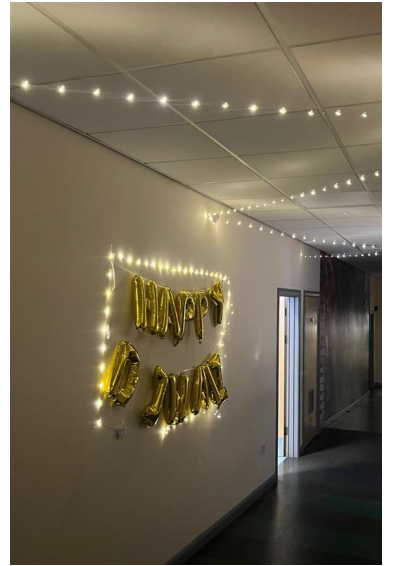
**4. Lantern Making:** Coordinated by **Momina** and **Maessha**, this workshop particularly captured the imagination of our Year 7 and Year 8 students. They illuminated the spirit of Diwali by crafting their own handmade paper lanterns. Each delicate fold and gentle glow symbolised hope, joy, and the triumph of light over darkness. I express my appreciation to **Mr Fan** and **Ms Adams** for supporting the SAS in this workshop.

I would also like to extend a special thanks to all those who supported the event, from **Mr Mbamarah** for graciously offering to play the saxophone, the Finance, Premises, Reception teams to everyone who took the time to visit the Maths corridors and participate in this enlightening workshop.

For those who celebrated Diwali, I hope you had a wonderful time. We eagerly anticipate the South Asian Society's next celebratory event.

**Mr Vijay**









# Whats the Buzzzzzzzzzzzzzzzz?



Christmas came a little early to the Year 7 UAI students when they received a book of their choice as part of the **Bookbuzz** celebration 2023.

It was the first year for our Headteacher, Ms Stone, to present the books and to impart some memorable words on how important reading is in her life ever since she was a child. It is a habit worth nurturing at a young age to blossom into a lifelong practice of reading for pleasure as well as career success.

We hope that our Year 7's will cherish their book as a mark of completing, (almost!), their first term of their first year in Secondary school. Remember those who read, succeed!



Details: <https://www.booktrust.org.uk/what-we-do/programmes-and-campaigns/bookbuzz/>

**Ms Finlay, Library Manager**



## Prayer Room (F11)

For students who wish to pray at school, the room F11 has now been designated a prayer room so students have a quiet and purposeful space in which to pray. The room will be open every day for the whole of lunch (12:40 to 1:40) as a prayer space. Any students wishing to pray at school are highly encouraged to come along at lunchtime.

In the name of sustainability, if students have any spare, clean prayer mats at home that they would like to donate to our prayer room, this would be much appreciated! Please drop off any donated prayer mats to me in F11.

Thank you!

**Miss Choudhury**



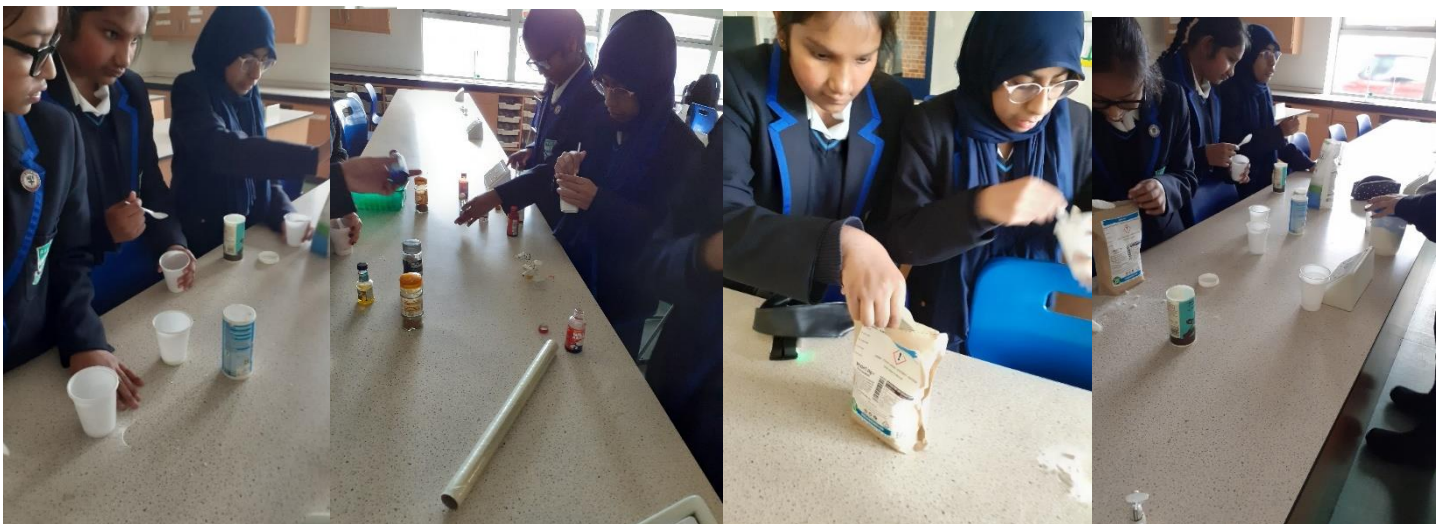
## Science News

### **Bath Bombs!**

This week we got messy again and made bath bombs. These are still solidifying in the fridge as we speak but will be ready for the girls to take home soon. We even managed to use a heart shaped tray to give us the shape for the moulds. It is essentially several ingredients all mashed together into a particular shape including some food colouring and essences that will give it a nice smell. When dropped into water there will be a chemical reaction within the ingredients (notability the sodium bicarbonate and citric acid) and the water and we should get a lot of fizzing!



**Mr Uddin and Ms Agudelo**





## Looking for work experience opportunities?

### Become a UAI Sixth Form School Ambassador

Participating in the UAI Sixth Form Ambassador programme will give students real-life work experience skills that go beyond their qualifications.

Students benefit by completing real voluntary work and achieving a formal reference, while giving back to support the school community.

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#### To become a 6<sup>th</sup> Form Ambassador, you will need to:

- Be willing to commit to 2 scheduled Ambassador periods a week
- Be punctual, reliable and adaptable
- Be proactive and willing to follow instructions
- Be ready and willing to learn new skills

#### Ambassador duties:

- Picking up a walkie-talkie from reception at the start of every Ambassador period
- Running messages and/or items during lessons for reception
- Completing photocopying jobs
- Stock check and organisation of resource cupboards
- Updating of school notice boards
- Updating of departmental and/or pastoral wall displays as directed by Heads of Departments and Heads of Year
- Posting and sorting of mail for reception
- Where appropriate, helping Admin staff with filing of documents

#### What you will gain / Benefits to students:

- Real, practical skills you can use for work in the future
  - The chance to build your communication and administrative skills
  - Tangible work experience to put on your UCAS application and CV
  - A formal reference from the academy that you can show to future employers
  - Provision of a set Ambassador base desk that can act as quiet study space when there are no set jobs to complete
- 

#### How to apply

*If you are interested in becoming a Sixth Form Ambassador, please see **Ms Cooper**.*

- Interested pupils will need to briefly explain why they want to become an Ambassador and why they think they would be a good fit for the role.
- Please also provide options as to which 2 set periods you think you will be able to commit to for the Ambassador role. *Please note that these cannot clash with regularly scheduled lessons and/or study periods.*



## Careers

CAREERS IN TECHNOLOGY & ENGINEERING APPRENTICESHIPS EVENT

EXCLUSIVE OPPORTUNITY ALERT FOR YEAR 13 FEMALE AND NON-BINARY STEM

STUDENTS

**CAREERS IN TECHNOLOGY & ENGINEERING APPRENTICESHIPS EVENT**

Are you interested in finding out more about a career in Technology or Engineering?

An exclusive opportunity for Year 13 Female and Non-Binary STEM students!

Register for our Apprenticeships Day  
Salesforce, Liverpool St

19TH JAN 2024

11AM - 4PM

SCAN ME

Scan the QR code or visit the link before the 1st December to sign up!

[bit.ly/ApprenticeshipsDay2024](https://bit.ly/ApprenticeshipsDay2024)

📍 Location: Salesforce office in London, Liverpool Street

🕒 Time: 11:00 AM - 4:00 PM

📅 Date: Friday, January 19th, 2024

🔗 Interactive Workshop Activity: Get hands-on experience and level up your skills.

👛 Sponsor Trade Stands: Explore offerings from our esteemed partners.

👤 Industry Panel Event: Gain invaluable insights from trailblazers in engineering and technology.

👥 Networking: Connect with like-minded peers and seasoned professionals.

☆ Don't miss this unique opportunity to kickstart your STEM journey! Secure your spot by signing up by December 1st. ☆ [Apply here!](#)



Join BP's dynamic 2-year programme, where you'll step into real business roles, becoming an integral part of their team.

In tandem with your hands-on experience, you'll pursue a Level 3 or 4 apprenticeship standard in Business or Data Science, supported by an external training provider. You'll also benefit from the guidance of an experienced mentor from their Trading & Shipping business and a dedicated buddy from the apprenticeship programme.

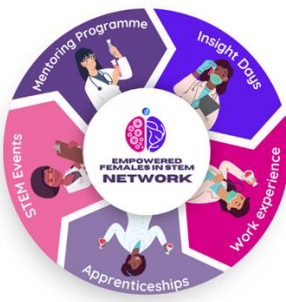
[Apply now!](#)



Explore the world of the biopharmaceutical industry through their free interactive virtual work experience programme that will provide you with an in-depth overview of how medicines are developed and brought to market.

[Apply now!](#)

### EMPOWERED FEMALES IN STEM NETWORK



To join you must be:

A female or non-binary student In Year 11, 12 or 13

Living in England

Interested in pursuing a career in STEM

You will get access to STEM work experience opportunities, events and our mentoring programme by joining. [Student sign up](#)

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**National Television and Film School**

**Friday 19 – Saturday 20 January**

**Places Available: 30 | Age range: 18+ |**

**Apply by Friday 15th December (midnight)**



Aimed at new entrants, the 2-day Bootcamps will run bi-monthly and are delivered by Joseph A. Adesunloye, an award winning British-Nigerian screenwriter and director, who will offer up a unique insight into the fundamentals of the film and TV industries.

Discover the thrilling possibilities that await in the film and television industry. Our Bootcamp workshops are designed to spark your passion and ignite your creativity. Whether you dream of directing, designing, or captivating audiences through your work, these workshops are your first step toward making cinematic dreams a reality, with sessions including: [Metro London Skills Cluster Training: Bootcamp | NFTS](#)

19th - 20th January - Bootcamp

16th December - Ideas Development

16th December - Assistant Directing

20th January - Production Accounting

20th January - Pitch Perfect

17th February - Casting

17th February - Casting for Factual

16th March - Production Management

16th March - Location Management

20th April - Storyboarding

20th April – DIT

**[APPLICATION FORM](#) Apply by Friday 15th December (midnight)**

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## Accenture Degree Apprenticeships

Become a part of our team

**Accenture Technology & Consulting Apprenticeships are now open!**

Thinking about future career plans, and which path is right for your students? If you're considering alternatives to university, an apprenticeship at an award winning, fortune 500 company – Accenture, can offer a blend of real project work, top-class mentorship and training, and a structured degree programme – all while earning a competitive salary.

At Accenture our mission is to deliver on the promise of technology and human ingenuity. We partner with clients to optimise their processes and performance by applying cutting-edge technologies and digital innovation, to drive positive change and deliver transformative solutions.

Change is only possible when different perspectives come together to harness the potential of technology. We believe it can only be done with new and bold ideas, with different people coming together and bringing their perspective and experience with them. If they have a genuine passion and curiosity for consulting and technology, encourage them to apply now for our Consulting Degree Apprenticeship based in London or our Technology Apprenticeship scheme across London, Newcastle, Birmingham & Manchester and have an opportunity to obtain a debt-free degree and invaluable industry experience at a global



prestigious firm.

Applications will close February 2024 – do not miss out! [Click to apply](#)

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### **Apprenticeships with Dunelm Webinar: 12th December 2023**

Join the Dunelm Early Careers team to learn about their amazing apprenticeship opportunities and exciting range of vacancies available in 2024.

With apprenticeships available across the business, from Finance to Retail, Sustainability to Logistics, Buying & Merchandising to Insight & Analytics, Dunelm is inviting teachers/careers advisers and parents/carers to hear more about the exciting career opportunities available

[Webinar Registration - Zoom](#)

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### **School 21 Sixth Form Open Day**

Six21 applications for the 2024 year 12 cohort are now open. Further information can be found on our website. [Six 21 | London's Pioneering Sixth Form](#)

The link to apply is -

<https://school21.applicaa.com/year12>

School 21, Pitchford Street. London, E15 4RZ

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### **Personal Statements – Writing Tips for Students**

Are your students suffering from writer's block? Second year student Jack Hanson is here to help with useful tips and step-by-step guidance on crafting a personal statement universities will love.

[Top tips](#)

### **Try Our Personal Statement Writer**

Let us guide your students through their personal statement writing process with tailored advice and content based on their course. Once they've finished, we'll send their draft through to their email address, ready to be used in their UCAS application

[Click Here](#)



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!



Are you entitled?



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

FRESH VEGETABLES & FRUIT SERVED DAILY



EXTRACURRICULAR ACTIVITIES

## Extra-Curricular Clubs

Day	Activity	Time	Room	Year
<b>MONDAY</b>				
<b>BREAKTIME</b>	Music Practice (Invitation only): SDE	10.40 – 11.00am	S5	Years 7-11
<b>LUNCHTIME</b>	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
<b>AFTER SCHOOL</b>	Library Club: CFI	3.20 – 4.30pm	Library	Years 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	Years 7-11
<b>LUNCHTIME</b>	French Carol Singers: SDE/LGR	12.40 – 1.10pm	S5	Years 7-11
	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
	Newspaper Club: NAS	12.40 – 1.40p.m.	F9	Years 7-11
<b>AFTER SCHOOL</b>	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
<b>WEDNESDAY</b>				
<b>BREAKTIME</b>	Ukulele Group: DEA	10.40 – 11.00a.m.	S5	Years 7-8
<b>LUNCHTIME</b>	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
<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	Years 7-13
	Library Club: CFI	3.20 – 4.30p.m.	Library	Years 7-13
<b>THURSDAY</b>				
<b>BREAKTIME</b>	Music Practice (Invitation only): SDE	10.40 – 11.00a.m.	S5	Years 7-11
<b>LUNCHTIME</b>	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
<b>Fortnightly</b>	African Caribbean Society: TKA/SFR/NKA	1.10 – 1.40p.m.	S6	All Years
<b>AFTER SCHOOL</b>	Library Club: CFI	3.20 – 4.30p.m.	Library	Year s7-13
<b>FRIDAY</b>				
<b>BREAKTIME</b>	Music Practice (Invitation only): SDE	10.40 – 11.00a.m.	S5	Year s7-11
<b>LUNCHTIME</b>	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
<b>AFTER SCHOOL</b>	Library Club: CFI	3.20 – 4.30p.m.	Library	Years 7-13
	Running Club: JMA	3.30 – 4.30p.m.	Playground/Gym	All Years