



THE URSULINE ACADEMY ILFORD
A Catholic Academy for Girls
Weekly News – 2023/2024 Issue 11
24th November 2023



Dear Parents/Guardians

A few weeks ago, I encouraged parents and students at the academy to explore and join one (or more) of our engaging extra-curricular clubs. Our academy offers a diverse array of enriching clubs and trips. In the following pages, you'll find highlights, such as the two Art trips to Curwen Press and PSL London (pages 3/6), our celebration of St Cecelia's Feast Day (pages 6/7), and the newly established Islamic society by Mrs. Ahmed aimed at celebrating and deepening our understanding of Islamic culture (page 7).

Discover the interesting contributions of our librarian, Mrs. Finlay, on page 8, including the outstanding book reviews by our students and the upcoming Scholastic Book Fair. On page 9, learn about the collaboration between our Music and Modern Foreign Language (MFL) teams in the French Music Club, thank you Ms Dellar & Ms Grassi.

On page 9, read about the recent trip by the RE department to Abbotswick for a student conference on "leading the change," with a testimony from Chantelle in Year 11, Mr McGhee fed back that the students who participated were a real credit to the school. The dynamic Science Club continues its weekly activities, thanks to Mr Uddin & Ms Agudelo, as showcased on page 10.

Explore the insights gained by students at the youth sustainability forum on page 11, prompting thoughtful consideration of how we care for our common home, thank you Mr McCarthy for leading on this.

The subsequent pages (from page 12 onwards) present a range of exciting career opportunities for our students to explore.

Finally, Mrs Herbert has been working hard to build our Alumnae network and has uploaded some great articles on our past students on the schools website, see here: [The Ursuline Academy Ilford - Alumnae \(uai.org.uk\)](https://www.ursulineacademyilford.org.uk). If you are a past student of the academy, please get in touch by completing this form: <https://forms.office.com/e/x41k4qdXYx>, we'd love to hear from you!

We will have a number of 'old girls' submitting new articles soon so do keep an eye on this page #Serviam!
"Once an Ursuline, always an Ursuline"!

We are looking forward to welcoming all students back after their short break on Monday 27th November.

Fiona Stone headteacher@uai.org.uk



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Chaplaincy News



Pope Francis@Pontifex – 22nd November 2023

Let us not forget to persevere in prayer for all who suffer due to wars in many parts of the world, especially the dear people of Ukraine, Israel, and Palestine. #Peace



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

24th November: Provide for everything as the Holy spirit inspires you.

25th November: Be bound to one another by the bond of charity, esteeming each other, helping each other, bearing with each other in Jesus Christ.

26th November: May the strength and true consolation of the Holy Spirit be in you all.

27th November: I assure you that every grace you ask from God will infallibly be granted to you.

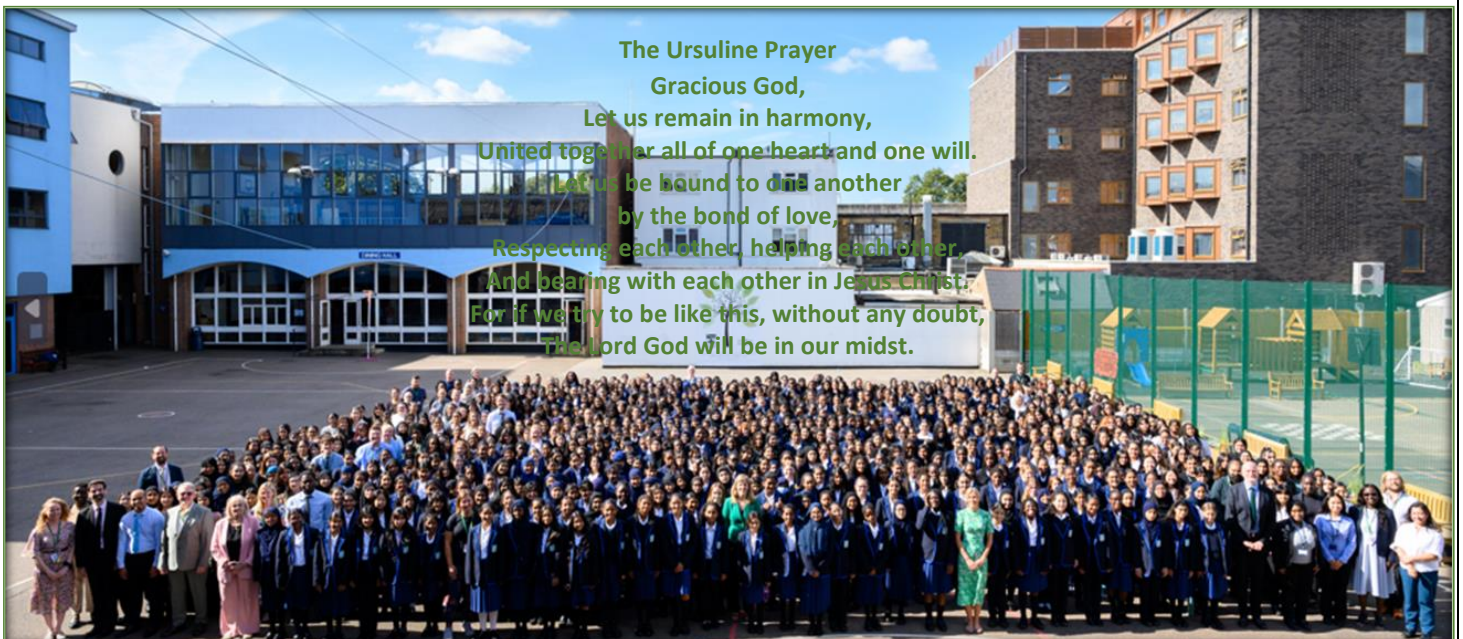
28th November: Blessed are those who will take very good care of this company.

29th November: They should do honour to Jesus Christ.

30th November: Act, move, believe, strive, hope, cry out to him with all your heart.

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

The Art Department have been busy with 2 trips going out last week...

GCSE Art visit to Curwen Print Educational Study Studios.

Students learnt about dry point printing and their amazing results will feature in their sketch books, as part of their coursework.



Each student managed to produce, a print. A ghost print and a reverse print.

The girls said of their visit: *"I loved using the equipment and I had a great time"*

"I particularly enjoyed using the ink and learning about the different techniques"

"The staff were lovely and helpful"

Students also learnt the historical process of 'chine colle', embedding colour paper into their prints

"I found the experience highly enriching to my artistic abilities"

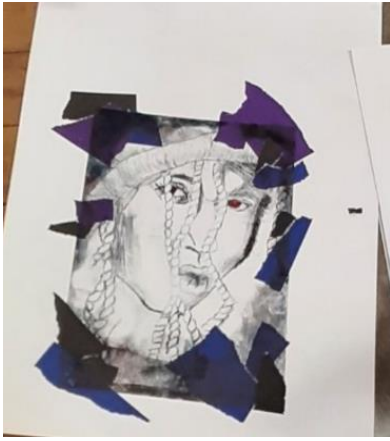
"Experimenting with a printing process from 200 years ago was really enjoyable"

"We loved it so much, it was a fun enjoyable, experience"

"The tutors were so kind and took pictures of my art"

"We learnt so much from the tutors, they were so good"





The tutors were so impressed by the art student's talent and their studious mind set. They said that they were "so productive and worked hard all day"

I am very proud of our students and well done to all.

Mr Butler, Head of Art



Visit to PSLondon

Students with an interest in marketing and advertising were invited to attend a day's workshop at PSLondon.

A fully packed-out day was arranged for the students. They were first introduced to the Managing Director and the various roles within the company. Account Managers, Strategists and creative teams.



The IPA (Institute of Practitioners in Advertising) are keen to introduce students to the advertising industry. The aim of 'Advertising Unlocked' is to demystify the industry, inspire the next generation and to offer guidance on career paths.

Fourteen Year 11, 12 and 13 students teamed up to discuss, plan and create a digital commercial for three different brands. Each team were overseen by a PSLondon employee.

"Gaining real life experience with expert support has been invaluable. I now have a greater understanding of advertising."





These tasks encouraged students to organise themselves into a range of roles. (Strategists. Creatives. Producers. Presenters) Skills in presenting, organising while working as part of a team, helps with their self-esteem and confidence.

All three teams presented their digital commercials to their peers for feedback and judging.

Well done.

Mr Butler, Head of Art



St Cecilia's Feast Day

This week, we celebrated the feast day of Saint Cecilia, our patron saint of Musicians, who lived about 17 hundred years ago. Our main hall assembly was led by our Year 10 Music students and Worship Band.

Well done to all who contributed!



Some of our Year 10's spoke about how important music is and what music means to them.

Wyeshali highlighted the benefits of music:

- Music connects us, for example, national anthems are sung and connect crowds at sporting events; when we celebrate birthdays, we sing happy birthday.
- Music can lead to better learning because it trains our focus to improve.
- Music can improve our memory.
- Mental illnesses can be helped to treat by music.
- And music can help lower anxiety levels.

Music also influences our physical health:

- It can help your heart health.
- It has been discovered that music reduces fatigue.
- It boosts exercise performance.
- Helps manage pain.

Overall, music contributes to keeping your mind and body elevated and happy. Just as St Cecilia found joy in singing to God, so have I also found joy in music. I know that music especially helps me pass the time when I am bored and is a hobby which has now turned into a passion. Music is something that I have implemented into my routine to make my week feel complete.

Wyeshali Chitrangan 10T

We will continue our music celebrations with a lunchtime concert on Friday 1st December at 12.45pm and also in some of our year group assemblies.

Ms Deller, Head of Music



Islamic Society

We will be adding to the list of Societies at the school with Islamic society this club is open for all with a different year group attending each week every week- first come first served. **Wednesdays 1:30pm in room F8.** We will communicate which year group at the beginning of the week. We are aiming to create a supportive and inclusive space for students to explore and appreciate Islamic culture, traditions, and values. We believe that fostering understanding and unity among our diverse student body is crucial, and the Islamic Society will contribute to achieving this goal.

Mrs Ahmed (Business and CS teacher) & Islamic Society

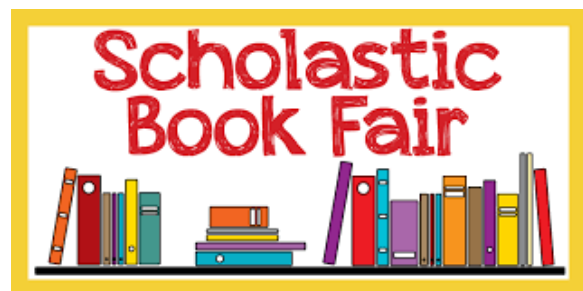


Library News



Book Review Competition

Congratulations to our worthy Year 7 winners of our Book Review competition. They were judged on their artistic and book summary by the Sixth Form Librarians. A special thank you to **Blinzy Fernandes** in Year 12 for assembling the display. So colourful and cheerful!



Scholastic Book Fair.

We encourage and celebrate reading at our school by hosting the Scholastic Book Fair each year. All books are half the marked price and lots of popular titles are available. This is a great place to purchase Christmas presents or 'Secret Santa' gifts. In addition, the school gets 20% of total earnings!

The Book Fair will be open at lunchtime in Reception from Thursday 30 November until Wednesday 6 December for **students**. **This year we would like to invite parents/guardians to browse after school from 3.30pm – 4.00pm.**

Rather than bringing money to school, we suggest that parents can purchase gift Vouchers online [Book Fair Gift Vouchers - Scholastic Book Fairs](#) for students to spend at the Fair.



Ms Finlay, Librarian



MFL and Music News



French choir: Tuesdays lunchtime.

The MFL and Music departments are pairing up! Come and join our French choir on Tuesdays from 12:40 until 1:10 pm in S5. The first song we are practising is 'Noël Blanc' (*White Christmas*). It will be performed at our Christmas Assembly. Here is an opportunity to perfect your French and performing/ singing skills as well as have lots of fun! All participants will get Merits and Prizes. A bientôt!



Well done, **Bianca Lodina** (10U), **Anjgelina Kurien** (11U), **Elizabeth Boansi** (11C) and **Vira Hibliak** (9T).

Ms Deller, Music Subject Leader & Ms Grassi, MFL Subject Leader



Religious Education News

Hearing the cry of the earth and the cry of the poor. BCYS schools conference.

Last Friday a group of Year11's went to Walsingham House Abbotswick, Brentwood as delegates for a schools' conference, 'leading the change'; overall, the entire youth leadership trip was really inspiring and motivational for all of us that attended. It gave us an insight of what other schools in the Diocese are doing to help the community in different ways. It also gave us a sense of what to do as people of faith, and collectively as a school and what we can do to answer the 'cry of the earth'. **Chantelle Brown 11C**





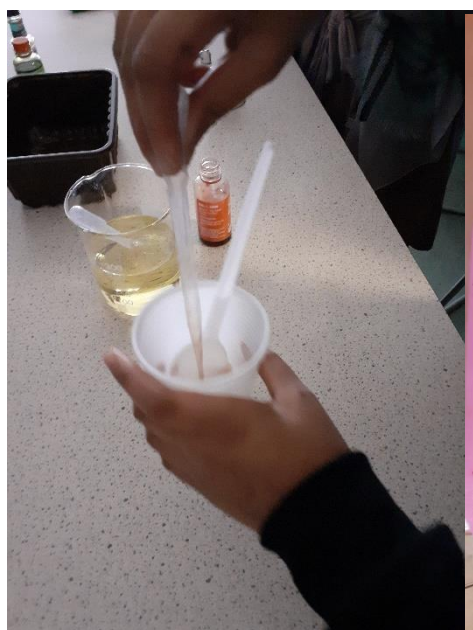
Science News

Making Soap

We made some colourful and scented soap this week. To make soap is a very simple task all we really need is some fat (animal or vegetable), lye and some oil, and water. Some food colourings and dyes were used to give us a variety of colours and smells.

We then moulded the soaps into a variety of different shapes and patterns for the students to take home and potentially use.

Mr Uddin and Ms Agudelo





Youth Climate & Sustainability Forum

On Friday I took two Year 13 students, **Aliyah Awan** and **Isabelle Doves**, to the very first Youth Climate and Sustainability Forum in Redbridge town hall. There were students from many different schools across Redbridge, as well as many people in the borough who are doing amazing things in the field of sustainability. The students had a busy day and got involved in many different activities; after an introduction in the town hall's chambers, they took part in a workshop which focused on the ways we can prevent biodiversity decline in the UK. The students also went to a careers panel where we got the chance to ask questions to four people working in sustainable fields. Finally, along with other students they designed and painted a banner which was proudly held up outside the town hall at the end of the day.

Mr McCarthy





Careers

Nuffield Research Placements



We're excited to announce that the application system for Nuffield Research Placements 2024 is now OPEN! Applications can be made at www.nuffieldresearchplacements.org

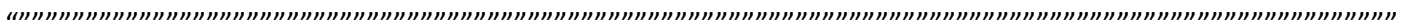
We can offer Year 12 students exciting 2-week opportunities in industry, universities and at local organisations. Undertaking a placement will inspire and motivate students and help give them the skills and confidence they need to get a place at a top university or secure a career boosting apprenticeship. Students in their first year of post-16 science, technology, engineering and maths (including social and data sciences) courses should apply.

Please note: This scheme is aimed at students who come from low income families, or don't have a family history of going to university. We want more students from these backgrounds to apply, and can offer them financial support to do so.

Eligibility criteria does apply. We encourage all students to use our eligibility tool before starting their application to avoid disappointment:

<https://www.stem.org.uk/nuffield-placement-tool>

More information on the scheme and how to apply can be found at: <https://www.stem.org.uk/nuffield-research-placements>



Free National NHS Work Experience programme.

Virtual Work Experience is recognised by the Medical Schools and Dental Schools Council as a valuable alternative to traditional, in-person shadowing. Which is why I'm delighted that applications for the Free National NHS Virtual Work Experience programme are now open to all

students aged 14 years and above.

This month, we're diving into the fascinating world of Surgery, providing students with the opportunity to witness key-hole surgery, oral surgery, and the unique privilege of shadowing Mr. Challocome, a urology surgeon at Guy's and Thomas' NHS Trust.

This virtual experience opens doors for students to gain valuable insights and opportunities that may be otherwise difficult to access. Working hand in hand with Birmingham Universities Hospitals Trust, our Virtual Work Experience has been a game-changer for thousands of secondary school students in the past year. It's not just an alternative to in-person shadowing; it's a crucial step in preparing students for their upcoming physical placements.

We've crafted a 6-month medical and 4-month dental e-learning work experience programme that lets students set their own pace. From structured teaching to direct interaction with healthcare professionals, our programme ensures students don't just watch procedures but also understand the broader roles in the medical and dental fields.

What makes our programme unique is the chance for students to schedule 15-minute one-on-one appointments with a doctor or medical student at no extra cost. This personal touch lets them dive deeper into their virtual experiences, ask questions, and really enhance their understanding.

Covering everything from ethics to procedures and broader team roles, our virtual work experience gives a crucial overview of their desired career paths and the skills that medical and dental schools are looking for, enhancing their UCAS applications.

<https://medicmentor.org/university-hospitals-birmingham-trust-virtual-work-experience/>

Signing up is easy – students just need to fill out the free online application form

<https://airtable.com/appuQX2ouadvjQUSU/shrroljLczgdg9uLw>

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Accenture Apprenticeships - Find out about Opportunities in Tech & Consulting!

Are you considering a career in consulting or technology? Do you want to be a part of shaping the next steps of the AI revolution and supporting companies across 120 different countries?

Come along for our free and interactive webinar with Accenture on the 5 December 2023 to discuss everything you need to know about apprenticeships within consulting or technology!

- Come hear directly from the recruitment team
- Get all the latest application tips and tricks from current apprentices to learn how to make your application stand out
- Take part in a Live Q&A to get all your questions answered

Sign up using the link below:

<https://successatschool.us3.list-manage.com/track/click?u=2c038531b25876a2c7c9cf8b1&id=26a5536eab&e=c65f91045f>

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Student-Assisted Medical and Dental applications

We are contacting you from SAMDA (Student-Assisted Medical and Dental applications), a student-run society based at Barts and The London, Queen Mary’s School of Medicine and Dentistry. Our society is dedicated to supporting **sixth form students** in local state schools as they take their first steps towards a career in medicine or dentistry.

We are holding Mock Multiple Mini Interview (MMI) for sixth form students on Saturday 2nd December 2023. We will be offering both medicine and dentistry MMI. This is a completely free event. This is a great opportunity for students to practise different MMI stations and boost their confidence.

More details can be found on the sign up form for students linked below:

<https://docs.google.com/forms/d/e/1FAIpQLSd05eaMOutpYUSn3avGgHulHKsQVKvguxOJZQVUIQ01c-Qj-g/viewform>

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Ms Finlay, Careers Coordinator





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 2

V = VEGETARIAN VE = VEGAN

	BREAKFAST	MID-MORNING	LUNCH
MONDAY	<p>POWERBALLS V</p> <p>SAVOURY BREAKFAST MUFFIN Bacon / Egg / Veg Sausage VE</p> <p>YOGHURT & GRANOLA V</p>	<p>MARGHERITA PIZZA V</p> <p>LOADED NACHOS V</p> <p>PANINI / BAGUETTE</p>	<p>ROASTED VEGETABLE & PESTO PASTA BAKE V</p> <p>QUORN FISHLESS FISH FINGER WRAP With Coleslaw VE</p> <p>JACKET BAR</p> <p>-----</p> <p>VEGAN CHOCOLATE BROWNIE VE</p> <p>DESSERT SPECIAL V Fruit / Jelly / Yoghurt</p>
TUESDAY	<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>BREAKFAST MUFFIN V</p> <p>PIZZA MUFFIN / BAGEL V</p> <p>BREAKFAST WRAPS</p> <p>HUMMUS BAR VE 3 kinds</p> <p>PANINI / BAGUETTE</p>	<p>CHICKEN RENDANG With Rice</p> <p>ROASTED SUMMER VEGETABLES & MOZZARELLA TRAY BAKE V</p> <p>CHIPOTLE CHICKEN & SWEET POTATO BOWL</p> <p>CURRY BAR</p> <p>-----</p> <p>FLAPJACK VE</p> <p>DESSERT SPECIAL V Fruit / Jelly / Yoghurt</p>
WEDNESDAY	<p>POWERBALLS V</p> <p>PORRIDGE BAR V</p> <p>SAVOURY BREAKFAST MUFFIN Bacon / Veg sausage VE</p> <p>BREAKFAST WRAP</p> <p>YOGHURT & GRANOLA V</p> <p>CINNAMON SWIRL V</p>	<p>BREAKFAST MUFFIN V</p> <p>MARGHERITA PIZZA V</p> <p>SLOPPY GIUSEPPE</p> <p>HUMMUS BAR VE 3 kinds</p> <p>PANINI / BAGUETTE</p>	<p>CHICKEN CARVERY ROAST 3 WAYS Lemon / Tandoori / Plain with Roast Potatoes, Gravy & Seasonal Vegetables</p> <p>BBQ QUORN MELT V With Wedges & Coleslaw</p> <p>ROAST BAGUETTE / FLATBREAD</p> <p>JACKET BAR</p> <p>-----</p> <p>SUMMER ICED LOAF V</p> <p>DESSERT SPECIAL V Fruit / Jelly / Yoghurt</p>
THURSDAY	<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>SOUP V</p> <p>PANINI / BAGUETTE</p> <p>PIZZA TURNOVER V</p> <p>LOADED NAAN</p> <p>HUMMUS BAR VE 3 kinds</p> <p>PANINI / BAGUETTE</p>	<p>SAUSAGE, PEPPER & POTATO TRAY BAKE</p> <p>TERIYAKI NOODLES WITH BROCCOLI, CARROTS & MANGE TOUT V</p> <p>CHICKEN TANDOORI NAAN With Sriracha Slaw</p> <p>PASTA BAR</p> <p>-----</p> <p>BANANA OATBAR V</p> <p>DESSERT SPECIAL V Fruit / Jelly / Yoghurt</p>
FRIDAY	<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 JACKETS With Roast Vegetables V</p> <p>MARGHERITA PIZZA V</p> <p>LOADED NACHOS V</p> <p>PANINI / BAGUETTE</p>	<p>FISH & CHIPS With Peas & Baked Beans served with Curry Sauce / Ketchup / Tartar Sauce</p> <p>VEGGIE SAMOSA & CHIPS VE With Curry Sauce</p> <p>SALMON KATSU & RICE</p> <p>JACKET BAR</p> <p>-----</p> <p>ORANGE DRIZZLE CAKE</p> <p>DESSERT SPECIAL V Fruit / Jelly / Yoghurt</p>

FRESH VEGETABLES & FRUIT SERVED DAILY

London Borough of
Redbridge

Redbridge Winter Holiday Fun

From
DEC to
JAN



Creative Media



Arts & Crafts



Multi-sports

- ✓ Free food
- ✓ Free activities
- ✓ New friends
- ✓ New skills

Is your child in
Reception to Year 11
and in receipt of
Benefit Related
Free School Meals?

Enjoy **FREE** sports, arts & crafts,
drama, cooking and MORE!

scan me TO BOOK YOUR PLACE -
scan this QR code, visit:
<https://find.redbridge.gov.uk/haf>
or email: haf@redbridge.gov.uk

Funded by

Department
for Education



Redbridge Holiday Fun



H A F N E W S L E T T E R

Holiday Fun News:

Welcome to the first issue of our new newsletter! We hope these updates will provide you with helpful information on HAF, including upcoming dates and the fun activities on offer.

This winter, we welcome back our Festive Fun Day for all ages taking place at Valentine's High School.

Some of our dedicated holiday providers this winter include Kids In Charge who for the second year running will showcase a *real reindeer visit!*

While Omega Sportz will be shaking things up with '*Camp's Got Talent!*'

Little Foxes will be tantalising taste buds again with *smoothie making* and '*fun food*' quizzes.

Essex Boys and Girls Clubs will keep energies high with *archery, football and yoga.*

Shine Clubs will help young people with nutrition and getting back to nature with *seed planting.*

For the FULL list of providers and activities visit our [booking page.](#)

Best, Redbridge HAF Team

Views from Parents:

Whether or not your child(ren) have attended a HAF session, we would love to hear your views. Your feedback on the holiday provision will help us develop the service.

Please complete our survey here:

<https://forms.office.com/e/P6tKXwxQhz>

Important Dates:

15th November

Winter HAF bookings officially opened. Register your child(ren) here:

<https://eequ.org/redbridgehaf>

24th November

HAF referrals for professionals working with families close this Friday.

Please use our referral form:

<https://forms.office.com/e/KCYVF8ZRSm>

21st December

Winter HAF club will officially begin. All the fun starts here, we hope you're as excited as we are!

29th December

Redbridge Winter Fun Day takes place at Valentines High School, for all children and young people eligible for HAF.

CONTACT US:

e: haf@redbridge.gov.uk

w: <https://find.redbridge.gov.uk/haf>

Top Tips for Safer Online Shopping on

BLACK FRIDAY AND CYBER MONDAY

Black Friday and Cyber Monday have become established as two of the year's biggest shopping events, giving consumers the opportunity to snap up a stash of stunning bargains. While this is generally good news, of course, the resultant retail frenzy can lead to people dropping their guard – especially online. In previous years, a seasonal surge in cyber-crime has seen schemes such as phishing emails and credit card scams being unleashed on unwary buyers. Our guide has some essential pointers on keeping your details – and your money – safe while you shop.

ENSURE A SITE'S SECURE

Before inputting sensitive information (like your card details) into a website, check that the site's secure. The key thing is to look for a padlock symbol in the address bar and check that the URL begins with "https://". The "s" indicates that the web address has been encrypted with an SSL certificate. Without that, any data entered on the site could be intercepted by criminal third parties.

TRUST YOUR INSTINCTS

If a deal seems too good to be true, then it probably is. Be especially wary if a site offering unbelievable discounts doesn't look professional (for example, if it's covered with pop-up adverts or it looks particularly outdated) – this often serves as a red flag that the seller might not be entirely trustworthy. Minimise risk by sticking with well-known, reputable retailers instead.

REVIEW BANK STATEMENTS

Even if you've followed all our tips, it's probably worth checking your next bank statement for any unusual transactions. Criminals know that on Black Friday and Cyber Monday, lots of people make numerous purchases online: they're hoping that any stolen money will get lost in the crowd of other transactions. If you see a payment or payee you can't identify, raise it with your bank straight away.

BEWARE OF SUSPICIOUS EMAILS

Black Friday and Cyber Monday often bring a significant spike in phishing emails, as criminals use the events' sense of urgency as cover for stealing personal information. Even if they look legitimate, be wary of emails requiring you to do something unusual or suspicious: providing your personal details in exchange for access to last-minute deals, for example, or clicking on a link to an unfamiliar site.

CHECK IT'S THE REAL DEAL

It's not just cybercriminals you need to be wary of. Research has shown that some online retailers increase the price of certain items in the weeks before Black Friday and Cyber Monday – enabling them to then advertise "discounts" (which, in reality, have simply restored the cost to normal levels). Use an online price comparison tool to verify whether these "reductions" truly equate to a saving.

MINIMISE MICROTRANSACTIONS

Black Friday and Cyber Monday promotions extend to digital items as well as physical ones. Some gaming companies will offer discounts on in-app and in-game microtransactions such as loot boxes. If you're concerned about how much your child might spend on these upgrades, you can restrict their ability to make purchases (via their device's settings) or remove any linked payment methods.

SET STURDY PASSWORDS

A strong, unique password is one of the most straightforward ways to protect yourself from cyber-crime. As most of us have multiple online shopping accounts, it can be tempting to use the same password for them all – but this puts your personal data at greater risk. You could try using a password manager to create a different, robust password for each online retailer that you visit.

DITCH THE DEBIT CARD

Where possible, it's safest to shop online with a credit card (as opposed to a debit card) because it offers additional protection. If a purchase is made fraudulently on your credit card, there's a fair chance of your bank reimbursing you. Should criminals obtain your debit card details, however, they could empty your account in moments – and it can be difficult to recover your money.

RESIST THE INFLUENCE

Recommendations from social media influencers are another thing to remain vigilant for on Black Friday and Cyber Monday. While many of these will be legitimate, remember that influencers are often paid to promote products – and to publicise deals that aren't quite as amazing as they might seem. Don't feel pressured into buying purely on their advice; look at everything with a critical eye.

TAKE CARE ON SOCIAL MEDIA

Social media scammers are more active on Black Friday and Cyber Monday, as they know people are hunting for deals online. These scammers tend to concentrate on platforms such as Facebook and Instagram, posting malicious links that can compromise shoppers' personal details. Other scammers, meanwhile, falsely advertise products in an attempt to trick users out of their hard-earned cash.

Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid *The Inquirer*, Carly is now a freelance technology journalist, editor and consultant.



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#WakeUpWednesday

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Extra-Curricular Clubs

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	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
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
	Humanities Revision Club: EDO/HMA/HCO	3.30 – 4.30p.m.	G3	Year 11
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
	Islamic Society: AAH	1.00 – 1.30p.m.	F8	Years 7-11
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
Fortnightly	ECO Club: HCO/JMC	12.40 – 1.00p.m.	G3	Years 7-8
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