



THE URSULINE ACADEMY ILFORD
A Catholic Academy for Girls
Weekly News – 2023/2024 Issue 12
1st December 2023



Dear Parents/Guardians
Headteachers Headlines...

As we approach the joyous season of Advent, I wanted to take a moment to reflect on the significance of this special time and its meaning within our Ursuline community. Advent is a season of anticipation, hope, and preparation, and it holds a unique place in our hearts as we come together to celebrate this spirit of unity and reflection, united in harmony.

During this season, we encourage our students to embrace the virtues of patience, kindness, and compassion. It is a time for them to reflect on the values that define us as Ursulines and to extend those values beyond the classroom, fostering a sense of community and togetherness.

At Ursuline, we believe in nurturing not only academic excellence but also the development of character and moral values. Advent provides a wonderful opportunity for our students to engage in acts of kindness, generosity, and service to others, embodying the spirit of giving that is central to this season and our school. **#Serviam**



May this season bring you and your family moments of hope, peace, love, and joy.

Please check page 9 for a message from our Governing Body Chair, Ingrid Doves, about the chance to become a parent governor. We're fortunate to have dedicated volunteers shaping our school's direction and invite you to explore if you have what it takes to be a parent governor.

We received a delightful email from Maeve McDonnell from the Ursuline Academy in Delaware, USA. I'm proud of **Semilore Ogunbajo, 9T**, who volunteered to respond and highlight the fantastic aspects of our Academy. You can find excerpts from this correspondence on pages 13 and 14. Enjoy!

Fiona Stone headteacher@uai.org.uk



Pastoral Deputy Headteacher's Headlines...

CAFOD Appeal for Gaza and Southern Israel

Thank you to all who took part in the recent non-uniform day. We raised just under £300 for CAFOD's appeal that will help civilians in great need at this very difficult time.

Year 7 and 8 Christmas Disco

We are pleased to announce that we will be hosting an after-school disco for students in Year 7 and 8 who wish to attend. This will take place on Tuesday 12th December from 4pm to 6pm. This is a fundraising event that has been organised by parent volunteers in collaboration with the school. This was a really lovely event last year and all students really enjoyed it. Tickets will be on sale on the way in to school every morning next week and are priced at £3 each. There will be some food, snacks and drinks on sale on the evening. Students who live nearby can go home to get changed and return at 4pm and we will also make space available for changing and storing possessions for those who wish to get changed at school and attend the disco without going home in between.



Islamophobia Awareness

November is Islamophobia awareness month and we marked this in school by signing and writing messages of support and solidarity in our stand against Islamophobia. Special thanks to **Nahian Joyeta** 11 Teresa who helped to organise the event and supervised the activity on a very cold lunchtime!



Newsletter Contents this week:

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Chaplaincy News



Pope Francis@Pontifex – 29th November 2023

Let us continue to pray for the serious situation in Israel and Palestine. It is the ordinary people who suffer. Those who wage war do not suffer. Let us ask for peace. And may we not forget the dear Ukrainian people, who are suffering so much and are still at war.



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

December: Hope

1st December: Although at times they will have troubles or anxieties, nevertheless this will soon pass away.

2nd December: The suffering of this world is nothing in comparison with the blessings which are in Paradise.

3rd December: Let them set their hopes on high and not on earth.

4th December: We will find thorny and rocky roads becoming flower-strewn for us.

5th December: In God, one has all wealth.

6th December: God alone knows what you need, and can and wants to provide for you.

7th December: Let them hold this as most certain: that they will never be abandoned in their needs.

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.



December 3:

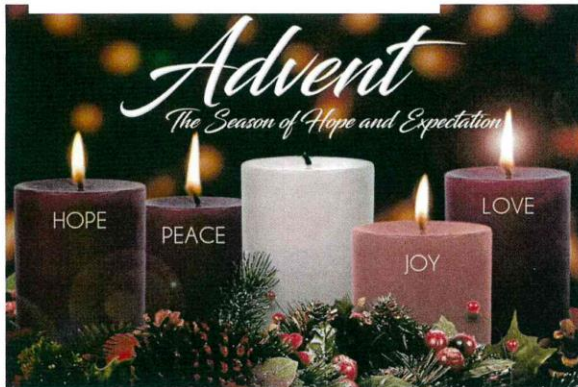
The Advent season

Advent is a four-week season in the Church calendar dedicated to anticipating the arrival, or "advent," of Jesus of Nazareth, the long-awaited [Messiah](#) and King.

Christians from many backgrounds celebrate this time with reflections on **hope, peace, love, and joy**. And while their practices may look different, all focus on the hope-filled arrival of Jesus.

The Season always begins 4 Sundays before Christmas. Traditionally each week a different Candle of the Advent Wreath is lit to symbolise the theme of the week

The First day of Advent is also the first day of a new Liturgical Year in the Church It is a season of Penance when Christians try to be more Pray-ful in order to 'receive Jesus' once again.



The Ursuline Academy Ilford

CHAPLAINCY NOTICES: DECEMBER



December, the last month of the year is filled with expectations of Christmas, festivities and the joy of the season.

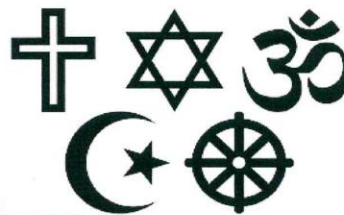


December days of Religious Significance

8 December: The Immaculate Conception of Mary. The day honours the belief that Mary was born without sin from the day of her conception.

12 December: Hannukah: Jewish festival observed for 8 days. Sometimes called 'the festival of lights'. Acknowledges that light in the Temple continuously burning for 8 days after a foreign invasion.

25 December: Christmas Day: Annual festival commemorating the birth of Jesus Christ. Celebrated as the Feast of the Nativity in the Western Church.



December 25—January 5:

Christmas-tide.

Christmas is an annual festival commemorating the Birth of Jesus Christ, observed primarily on December 25, Christmas Day, as a religious and cultural celebration among billions of Christians around the world.

A feast central to the Christian liturgical year, it follows the season of Advent, which begins 4 Sundays before, or the **Nativity fast**, and initiates the season of **Christmastide**, which historically in the Western Church lasts 12 days and cumulates on the Twelfth Night, January 5.

January 5 is also known as the **Epiphany Eve**. These days from December 25- January 5 are popularly known as the **12 Days of Christmas**.

Christmas day is celebrated around the world culturally by many non-Christians as a season of 'good will' and celebration.



British Values: Charity, tolerance and Respect

How could you live out these values during this season? Our school will come together again to donate to those who need it most in our local community.

Christmas Jumper Day : Wednesday 20th December. Support this wonderful day by wearing a Christmas Jumper and donating unperishable food

School Carol Service: Tuesday 19th December



Advent Calendar

This weekend marks the beginning of Advent on Sunday 3rd of December.

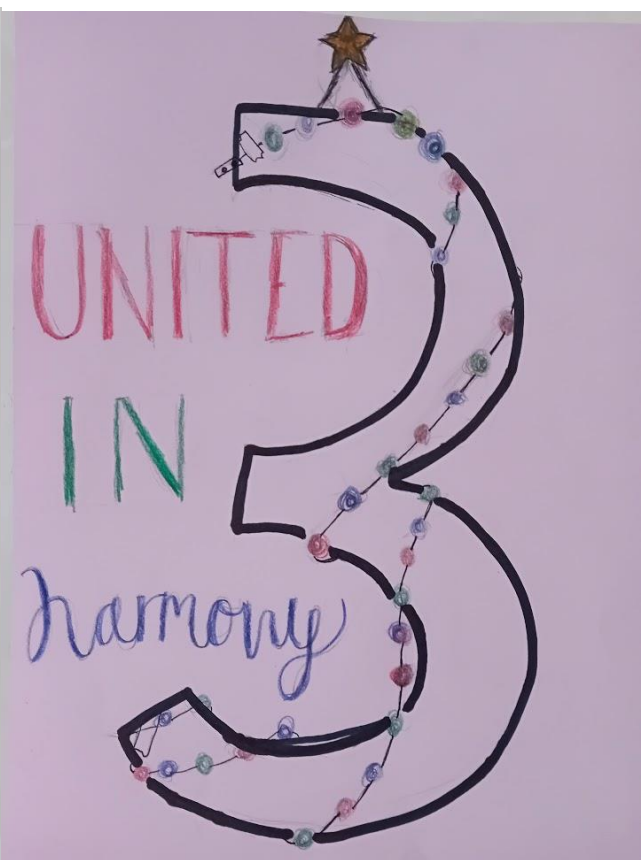
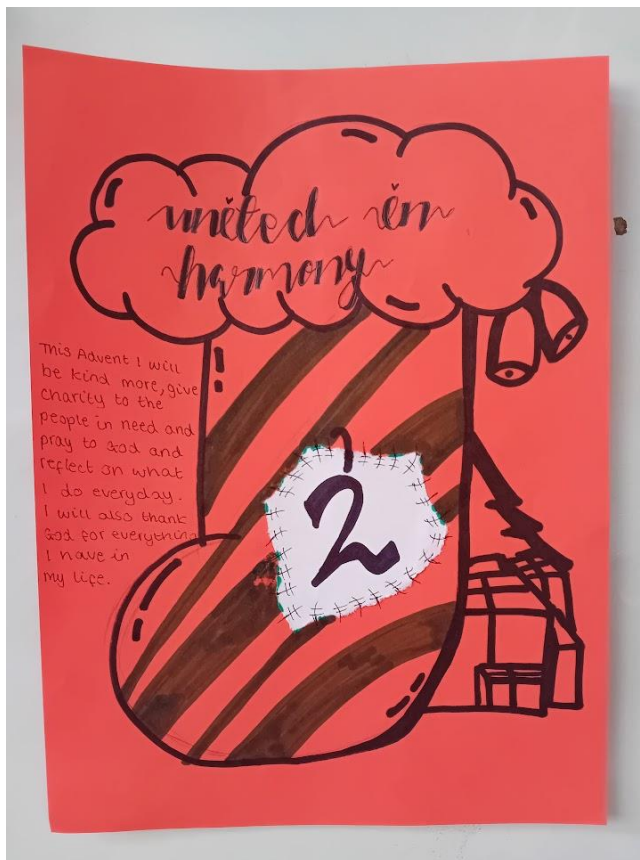
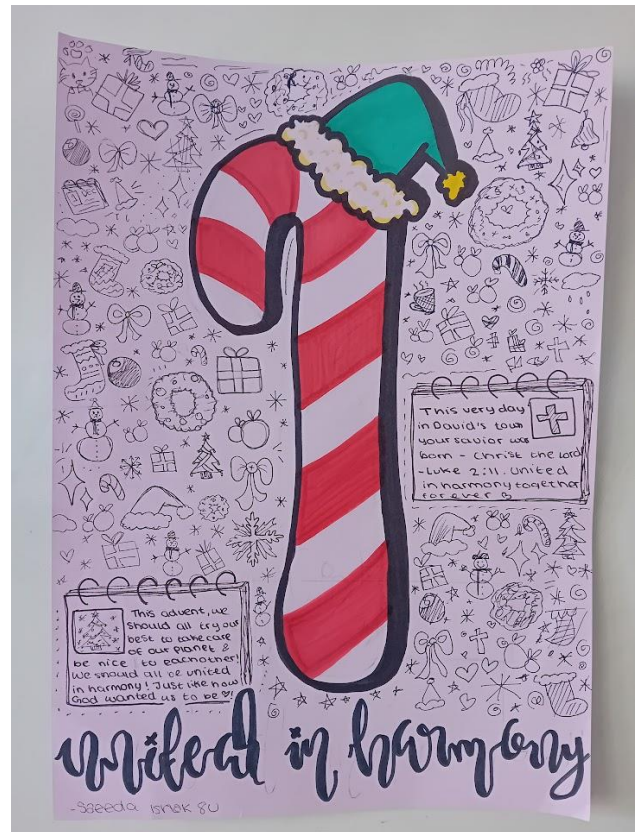
Our students have been learning about this joyous time of preparation and anticipation as we count down the days until the birth of Baby Jesus. The students have created some images for the first three days of December and have shared how they will be United in Harmony during the festive season.

"This advent season we should all try to take care of our planet and be nice to each other. We should all be United in Harmony. Just like how God wanted us to be!"

"This advent I will be kind and give to charity and people in need. I will pray to God and reflect on what I do every day. I will also thank God for everything that I have in my life".

Thank you for your lovely words, Year 8!

Ms Eakins





Art News

Artist of the Month

Naomi Friday Year 12



Naomi has created this wonderful scene of Madonna and child. She has used vibrant oil pastels to emphasize the joy of this special occasion. She has beautifully captured the serenity and love that exists between mother and child.

She says, "I enjoyed creating this and felt emotional at the same time".

Well done, Naomi.

Mr Butler, Head of Art





Eco Club

This week Eco-warrior club started working towards a Green Flag Award for our school. The Year 7 and year 8 students worked with the 6th form Geography students to complete an environmental review of the school. This included assessing the school's litter, healthy eating options and global citizenship.

If you are in Year 7/8 and would like to join the Eco-club, the next meeting is on Thursday 14th in G3 at 12.40pm.



Ms Colder



Music News

Music is a Form of Self Expression

Bianca and Tareena, two exemplary students, have made a significant contribution to music in the school, passionately expressing their love for music during assemblies and creating a captivating display board showcasing influential artists.

“For me, music is something that is really important, and it always has been. Since I was younger, I've been watching TV shows about music such as Austin and Ally, Shake it up and A.N.T Farm and I still love them.



My favourite musician is the Weeknd. I really love how some of his music sounds as his influences are from the 80s and 90s.

Music, in general, helps me to cope with stress and take my mind off of life's challenges. It also helps me to feel motivated."

Tarena Dahaley, 10Ursula

"I really love music because it's just really cool. I play guitar and I love it because it's played in a lot of genres. My favourite bands are 'The Prodigy' and 'Nirvana' because I love rock and electronic music and I think their ideas are really catchy and exciting.

Learning to play guitar hasn't happened overnight. I have been playing for three years and it has taken time, perseverance, and patience to get to where I am now. Although I play in bands, one of my favourite things about playing guitar is learning new riffs. I find this is a great way I can express myself and helps me start conversations with people."

Bianca Lodina, 10Ursula



Please see picture below of our Ukulele group busy rehearsing for our St Cecelia's Concert, which took place at lunchtime today (Friday). Please click on the link below to watch the Ukelele girl's video.

Thank you, Ms Eakins, for being a fantastic mentor to them!

More on St Cecelia's Concert next week...watch this space!!



For the Full video - [Click Here](#)

School Governors



Parent Governor Wanted!

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 will shortly have a vacancy for a Parent Governor.

One of our Parent Governors' terms of office is shortly due to expire, and whilst they have indicated they would be willing to serve for a further term of 4 years, they would be happy to step aside for another parent to take over. In the interest of transparency, we are therefore opening the vacancy up to our parent body. If you would be interested applying for the role, please could you complete the form below and return to Mrs Herbert, P A to the Headteacher, before 15th December. If more than one parent applies, we will hold an election. If no, one applies, our existing governor will serve a further term, as they would be deemed to be elected unopposed.

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.

Ms Ingrid Doves, Chair of Governors





The Ursuline Academy Ilford
Election of Parent Governor Nomination Form

A. CANDIDATE

I wish to stand for the position of Parent Governor at the Ursuline Academy Ilford from January 2024.

Name.....Daughter's Name.....

Signature.....Date.....

B. PROPOSER*

I wish to nominate the above named parent (A) as a candidate for election as a Parent Governor

Name.....Daughter's Name.....

Signature.....Date.....

C. SECONDER*

I second the nominator of the above named parent (A) as a candidate for election as a Parent Governor

Name.....Daughter's Name.....

Signature.....Date.....

D. CANDIDATE'S STATEMENT (No more than 250 words. Please use an additional sheet if necessary)

Please return this completed for to Kerry Herbert (PA to the Headteacher) by Friday 15th December 2023 kherbert@uai.org.uk

***The proposer and seconder cannot be a husband, wife or partner of a candidate and must be a parent/guardian/carer of a registered student at the school**

RELIGIOUS EDUCATION

Religious Education News

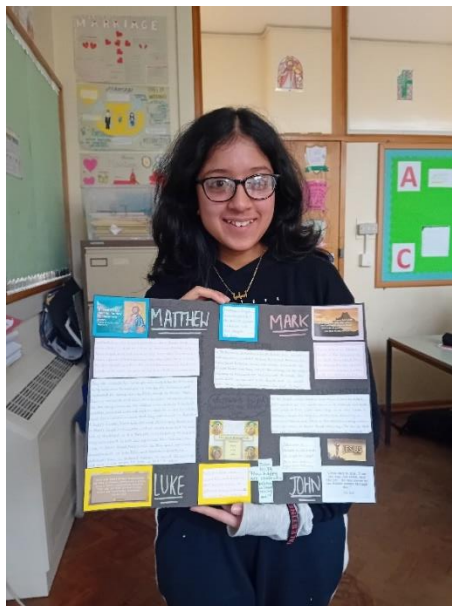
Our Year 9 students created some beautiful work based on the four gospel writers: Matthew, Mark Luke, and John.

The students have been studying the gospels over the past few weeks and comparing the ways in which Jesus was portrayed in each.

It was very interesting to read about the different accounts of Jesus' birth and death and learn about the unique perspectives that people had on Jesus' life.

We know that Jesus had an impact on the lives of so many.

Well done Year 9s! You worked very hard on these projects!



Ms Eakins, Teacher of RE



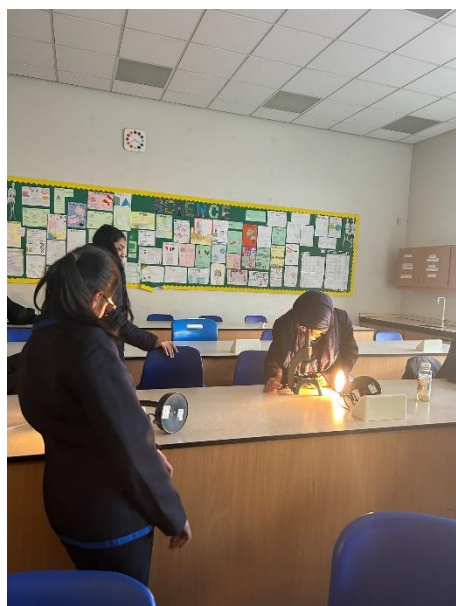
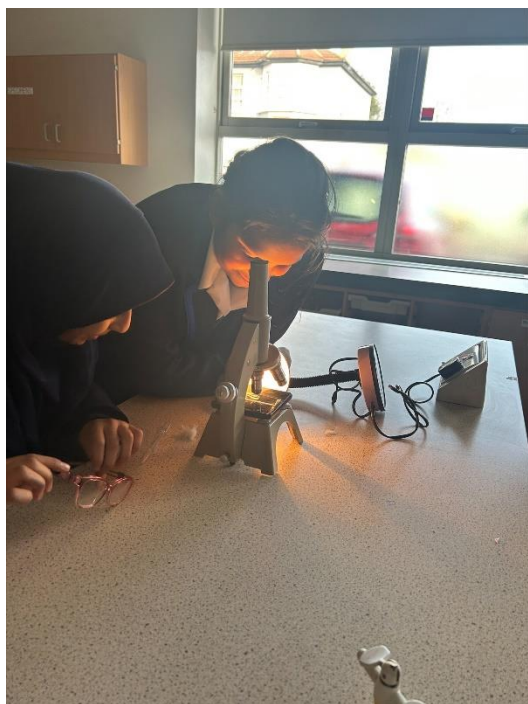
Science News

Daphnia - Water Fleas

We were looking at some unique creatures this week. We used the microscopes to look closely at Daphnia, an organism that is unique as its body is see through. We use these common water fleas to study how factors can impact body systems. Daphnia have a strong beating heart which is so clearly visible through their see through bodies that you can count their heart beats when looking through the microscopes.



Mr Uddin and Ms Agudelo





Ursuline Ilford meets Ursuline Wilmington!

We recently received an email from a student, **Maeve McDonnell**, from an Ursuline school in America. We asked Ms Eakins if she could get one of her students to answer it. **Semilore Ogunbajo** in 9T volunteered, Serviam Semilore! Please see Maeve's questions in black and Semilore's answers in **red**. We will also email Maeve a copy of this Newsletter so that she can see our article in print. Thank you, Maeve, for contacting us!

Hello, my name is Maeve, and I am a freshman student at Ursuline Academy Wilmington Delaware. Currently in Theology we are doing a project on different Ursuline schools all over the world. I have been assigned to The Ursuline Academy Ilford and I have a couple of questions regarding your school.

Are there any special traditions? At my Ursuline Academy we have some special traditions including junior ring mass which is when an alumnae gives a class ring to the junior class. *One of our favourite school traditions is our badge commissioning service. Each Year 7 student receives their Ursuline Academy Badge at the beginning of the year, which they then wear on the lapel of their school blazer for the whole time they are in school. It is a really nice event. We are also looking forward to our annual Christmas Carol Service this year.*

What is your heritage or history? *Our school was established in 1903 and is very proud of its history. We are inspired by our founder Angela Merici and our motto "SERVIAM" which means I will serve. We learn about (and sing about) those who have gone before us and think of past pupils and teachers at our school. A phrase that we often hear among student who visit is "Once and Ursuline always and Ursuline!"*

What's your overview of St. Ursula? *We know that St Ursula was a Christina Martyr who died for her faith. She may have died in Germany with many others who refused to marry a group of men who travelled from Central Asia and conquered Europe in that time.*

Do you have any special prayers? *Yes, we say our school prayer in assembly and also at the beginning of each lesson. Our school prayer is imbedded in the whole school photo on page 2 of our weekly Newsletter and is also replicated below.*

Do students go on any retreats? Currently our senior class is on a retreat. *Each year group goes on retreat throughout the year. We go to Walsingham house at Abbotswick, and we also invite the Christian Education Project to our school where they practice lots of fun, reflecting activities based on different themes. Last year's theme was based on the light in our lives!*

Do you have a special song? Our special song is called "Insieme". *We love to sing in our year group assemblies every morning. We love to sing "Standing on the Shoulders" and "My Lighthouse" Our school band and gospel choir prepare these songs together and we encourage everyone to join in!*

What's your school mascot and school colors? We are the UA Raiders, and our colors are red and white. *Our school colours are navy and green. We feel part of a very special community here and like to say, "Once an Ursuline always an Ursuline".*

Do you have any school sports? We are big on basketball, and volleyball. *Yes, we really love Netball at our school, and we love running. We train after school and take part in lots of different events. We also have a girl's football team who play throughout the year.*

The Ursuline Academy Ilford looks like an enjoyable environment, and I hope to learn more about your school. #UAsisterhood

Thank you!

Maeve McDonnell

Ursuline Academy Wilmington

Class of 2027

Semilore Ogunbajo

Ursuline Academy Ilford

Class of 2027

Picture of Semilore answering Maeve's questions!



UAI School 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.

Amen

9

Year 9 Assembly

This week, Year 13 student **Rozia Syed** came to speak to Year 9 students in assembly about the volunteer work which she carried out in her home country of Afghanistan. Rozia spent her summer holidays volunteering in Afghanistan on the Women and Girls Empowerment project which is a UNISEF funded project. Here she engaged with and taught girls of varying ages in schools and other settings. This is an act of incredible service and bravery given the fact of Taliban rule and a ban on female aid workers not to mention the illegality of teaching girls in Afghanistan.

Thank you for coming and sharing your story with us Rozia. Serviam!

Ms Eakins, Head of Year 9



Redbridge Notice

Make this Christmas the most memorable yet. Change a Life. Foster for Redbridge.

“I love watching the difference I can make to a child. I love watching them succeed in life and to know I have made a difference to their life”.

Sarah, 50 and Kazim, 56, Foster Carers for Redbridge

“The thing I love most about fostering is seeing the progress children and young people make during the time they are with us. From surviving to thriving. I also wish I was told what fun fostering is and the sense of community you feel when meeting with other foster carers for support, friendship and advice. You really aren't on your own.”

Tracy, 55 and Wayne, 54, Foster Carers for Redbridge

Like all of our Redbridge foster carers, you could quite literally change a child's life.

Please call 0208 708 6068 or email fostering@redbridge.gov.uk for more information or visit <https://www.redbridge.gov.uk/fosteringschools> to book onto our next Virtual Information Session.



London Borough of Redbridge

Make this Christmas the most memorable one yet

Foster for Redbridge
020 8708 6068
fostering@redbridge.gov.uk



We are pleased to announce - this year's festive HAF Winter FUN DAY will be taking place on Friday 29th December 2023 at Valentines High School, 11am-4pm.

Come and join us for a fun filled day of multi-sports, arts & crafts, hot food, and much more! This special one-off event is open to all children and young people eligible for HAF, whether you are attending the HAF programme or not.

There will also be an information area for families needing advice on benefits, cost of living, jobs, health and nutrition.

Booking is required for entry. For further information and to book a place, please visit:

<https://eequ.org/experience/5781>

The HAF Winter Fun Day is part of the Holiday Activities and Food (HAF) Programme and is available for children and young people who are eligible for benefits related free school meals.

Funded by

Department
for Education

REDBRIDGE PRESENTS THE

HAF WINTER FUN DAY

FOOD, DRINKS, & GAMES, SPORTS

FREE FESTIVITIES FOR CHILDREN IN
RECEIPT OF BENEFITS RELATED FREE
SCHOOL MEALS

FUN!

**BOOKING
REQUIRED FOR
ENTRY**

29TH DECEMBER

11AM-4PM

**VALENTINES HIGH SCHOOL
ILFORD
IG2 6HX**

**SCAN TO
BOOK**



 London Borough of
Redbridge
Community Infrastructure Levy

ALL AGES 4-16

Contact Us: haf@redbridge.gov.uk | Website: www.find.redbridge.gov.uk/haf



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

WEEK 3

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>DIRTY VEGGIE WEDGES V</p> <p>MARGHERITA PIZZA V</p> <p>LOADED NACHOS V</p> <p>PANINI / BAGUETTE</p>	<p>NO CHICKEN TIKKA NAAN WRAP V</p> <p>VEGAN PAD THAI VE</p> <p>PASTA BAR</p> <p>-----</p> <p>VEGAN BERRY CAKE VE</p> <p>DESSERT SPECIAL V Fruit / Jelly / Yoghurts</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>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>TERIYAKI CHICKEN With Mixed Vegetables & Rice</p> <p>CURRIED ROASTED SEASONAL VEGETABLE & CHICKPEA TRAY BAKE VE</p> <p>BEEF BOLOGNESE & PASTA POT</p> <p>JACKET BAR</p> <p>-----</p> <p>CHOCOLATE SHORTBREAD 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>SOUP V</p> <p>DIRTY VEGGIE WEDGES V</p> <p>CARBONARA PIZZA</p> <p>HOT CHICKEN WRAP</p> <p>FALAFEL & HUMMUS CIABATTA V</p> <p>PANINI / BAGUETTE</p>	<p>HOT CHICKEN CUBAN SANDWICH With Wedges & Gravy Pot</p> <p>VEGAN SAUSAGE VE With Roasted Vegetables & Mash</p> <p>BBQ OR HOT & SPICY CHICKEN WINGS With Wedges & Sweetcorn Salad</p> <p>PASTA BAR</p> <p>-----</p> <p>LIME & COCONUT DRIZZLE 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>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>BEEF LASAGNE</p> <p>VEGETABLE WELLINGTON With Cheesy Jacket Wedges V</p> <p>SWEET CHILLI CHICKEN NOODLES</p> <p>CURRY BAR</p> <p>-----</p> <p>RASPBERRY & COCONUT FLAPJACK VE</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 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 & CHIPS With Peas & Baked Beans served with Curry Sauce / Ketchup / Tartar Sauce</p> <p>VEGGIE TACO & CHIPS V With Salsa</p> <p>FISH GYROS & CHIPS</p> <p>JACKET BAR</p> <p>-----</p> <p>MOUSSE V</p> <p>DESSERT SPECIAL V Fruit / Jelly / Yoghurt</p>

FRESH VEGETABLES & FRUIT SERVED DAILY



Careers



University of
East London

125 Years of
Pioneering
Futures

University of East London Psychology
Masterclasses

The [School of Psychology](#) is hosting a series of webinar masterclasses on Thursday afternoons this November and December. Join us for discussions on adversity, rebelliousness and making better decisions.

Thursday 30th November 4-5pm

Psychology of sport and overcoming adversity - [Dr Hanna Kampman](#)

The ability to overcome and succeed in the face of challenges is potentially an essential part of being a successful sports person. In this talk, Dr Hanna Kampman will explore how psychology has studied our ability to overcome adversity, and talk about examples of how to put this into practice.

Thursday 7th December 4-5pm

The Psychology of Rebelliousness - [Prof Mark McDermott](#)

This talk will give a brief overview of how psychologists have tried to understand conformity, and focus on the psychology of rebellion. What are the conditions that promote principled rebellion against an unjust and unreasonable authority? Are there differences between individuals in their readiness to rebel? What types of rebelliousness have been identified? Does a disposition to rebel change across the lifespan? How can rebelliousness be a force for good? In this talk, Prof Mark McDermott will address these and other issues relating to the psychology of rebelliousness, of going against the grain.

Thursday 14th December 4-5pm

Psychology of decision making - [Prof Volker Thoma](#)

Decision-making is an everyday occurrence and experience for us – but how does the mind make judgments and then decide? And how good are our decisions? In this talk, Prof Volker Thoma will show you examples of how psychologists have tackled these questions with some surprising demonstrations.

Sign up for the 2023 psychology masterclasses using [this form](#).

Ms Finlay, Careers Coordinator





EXTRACURRICULAR ACTIVITIES



Extra-Curricular Activities

Day	Activity	Time	Room	Year
EVERY DAY	Rise & Shine Biology Time! : LMB	7.45 -8.30a.m.	G7	Year 11
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	Years 12-13
	Maths Club: TKA	12.40 – 1.40pm	S6	Years 7-11
	Chemistry Club: JOS	12.40 – 1.10pm	G8	Years 10-13
	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	Years 7-13
FRIDAY				
BREAKTIME	Music Practice (Invitation only): SDE	10.40 – 11.00a.m.	S5	Years 7-11
LUNCHTIME	UAI Band: SDE	12.40 – 1.10p.m.	S5	Years 7-11
	Glee Club: SDE	1.10 – 1.40p.m.	S5	Years 7-11
	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