



THE URSULINE ACADEMY ILFORD

A Catholic Academy for Girls

Weekly News – 2023/2024 Issue 14

15th December 2023



Dear Parents/Guardians

In the third week of Advent, the spotlight shines on joy—a radiant reminder of the season's true essence. The pink candle on the wreath symbolises the anticipation of Christ's imminent arrival. Advent joy is more than fleeting happiness; it's a profound gladness, transcending life's challenges.

This season prompts us to celebrate joy in simplicity—shared laughter, meaningful connections, and the beauty of giving. As we prepare for the Light of the world, let joy permeate our hearts and inspire acts of kindness and love. Advent joy is contagious, creating a ripple effect that touches lives.

Next week we anticipate lots of joy at the Academy as we look forward to the annual Carol service on Tuesday evening at 6pm. We hope to see many of you there especially those parents and carers of the performers who have put so much effort into rehearsals for this special event. On Wednesday we have the following joy-filled activities: year team rewards assemblies, Christmas jumper day in aid of local foodbanks and the annual Christmas lunch served by our fantastic kitchen staff.

Today I also wrote to the parents of all the students who have not received any demerits this half term, this of course is the majority of students at the Ursuline. These girls will also receive certificate in form time next week.

In this season of anticipation, may our hearts be filled with gratitude, and our smiles reflect the joy of Christmas—a celebration of love, salvation, and the everlasting presence of Emmanuel, God with us. Let joy be our guiding light, radiating hope and happiness in a world that yearns for both.



Fiona Stone headteacher@uai.org.uk



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Chaplaincy News



Pope Francis@Pontifex – 14th December 2023

We must make sure that Artificial Intelligence is put at the service of peace in the world, rather than being a threat, and that it makes a beneficial contribution on humanity future. I have dedicated the message for World Day of Peace to this. [@WDP2024@vaticanIHD](https://twitter.com/WDP2024)



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

15th December: Our life and well-being are at stake.

16th December: You must not be afraid.

17th December: Have hope and firm faith in God, who will help you in everything.

18th December: Jesus Christ will enlighten you.

19th December: Be consoled, and have a lively faith and hope.

20th December: Look forward to the great reward which God has prepared for you.

21st December: If you strive with all your might, I have undaunted and firm faith and hope in the infinite divine goodness.

The Ursuline Prayer

Gracious God,

Let us remain in harmony,

United together all of one heart and one will.

And 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.

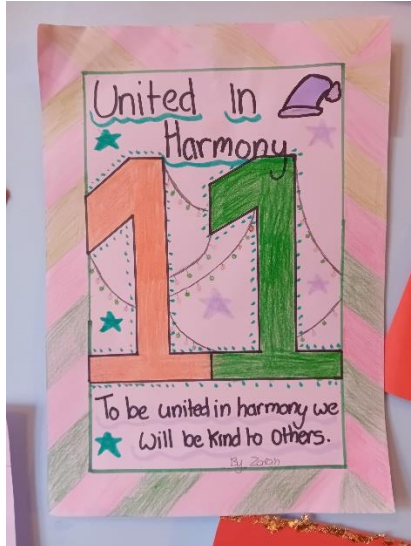




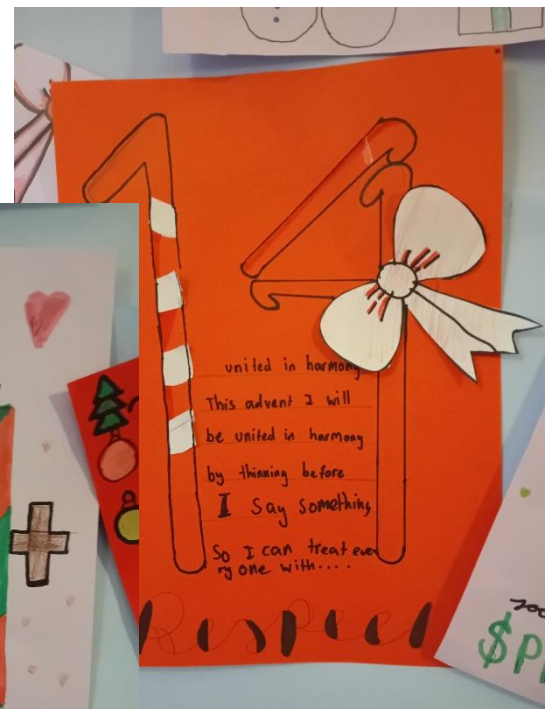
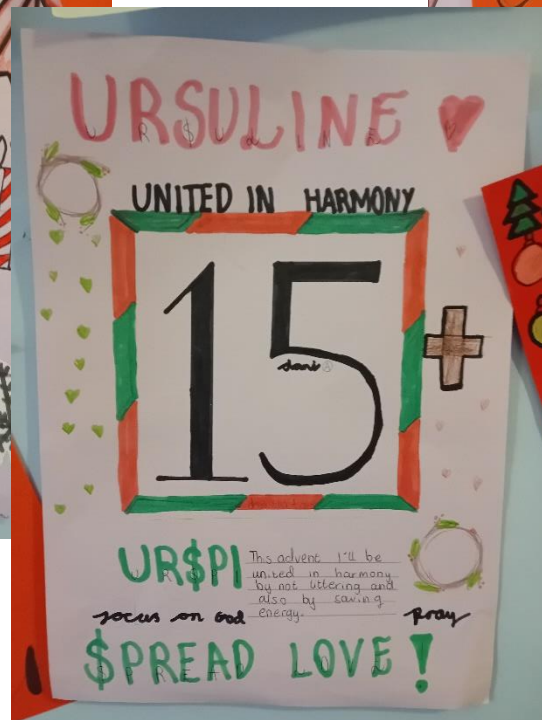
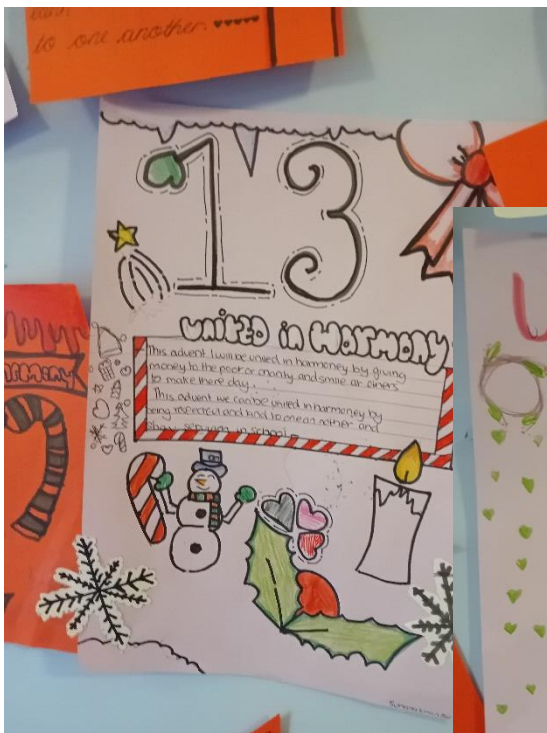
Advent Calendar

Our Advent Calendar continues this week...

We are almost halfway and are continuing to be "United in Harmony" here at the Ursuline Academy Ilford. We are encouraging others to give to those who need it and to be more mindful of what we buy. Less waste is better for our environment!



We are now over halfway through our advent Calendar! This advent our students have said that they will show that they are "United in Harmony" by smiling at people and that they will also think before they speak and show respect! They will also look after our planet by picking up litter and saving energy.



Ms Eakins



Art News

'Literacy, Typography and Art'

Year 9E/Art – Mr Selley



Mr Selley's Year 9 class have been working extremely hard on Typography. They have looked at words that sound like the action (onomatopoeia), illustrated lettering in religious text and in commerce. Their task was to study a word and to create each letter in the style of that word. The results are incredible!

The texture is detailed, and the colour palettes used are carefully thought out.

Well done to Mr Selley and 9E!

Mr Butler, Head of Art



Year 7 and 8 Christmas Disco



As you can see, it was a fun night, and the girls had a great time. Thank you to the parents and staff who helped to organise!



The Ursuline Academy Ilford

Christmas Jumper Day:

Wednesday 20th December



On **Wednesday 20th December** the school will be holding a Christmas Jumper day for students and staff. Wear a Christmas Jumper and support those in our local community.

We ask that you kindly donate any unperishable food items such as tinned food, rice, biscuits, cereal, pasta, instant noodles, sauces etc. These foods will be taken to our local food bank and distributed to those in need our local area.

DECEMBER 2023

REVERSE ADVENT CALENDAR

DURING THIS ADVENT SEASON, CARITAS BRENTWOOD INVITES YOU TO COLLECT ITEMS FOR OTHERS, SO THAT YOU CAN THEN DONATE TO YOUR LOCAL FOODBANK IN TIME FOR CHRISTMAS.

FOR MORE IDEAS GO TO: WWW.CARITASBRENTWOOD.ORG/ADVENT

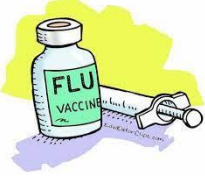
MON	TUE	WED	THU	FRI
4 Tinned Soup	5 Rice	6 Pasta	7 Pasta Sauce	8 Chocolate
11 Instant Noodles	12 Biscuits	13 Coffee Sachets	14 Cereal	15 (Long Shelf Life) Christmas Pudding
17	18	19	20 IT IS TIME TO DONATE YOUR GIFTS IN TIME FOR CHRISTMAS	21 DONATION DONATION
24	25	26	27	28 JESUS, MAY EVERY GIFT I SEND, EVERY PARTY I ATTEND AND EVERY MEAL I SHARE, REMIND ME TO PREPARE A SPACE IN MY HEART FOR YOUR ARRIVAL. AMEN.



The Deadline for donations is **Wednesday 20th December**.

All food donations can be taken to by Form Chaplaincy reps and Form tutors to boxes which will be placed in Mr Challis' office.

Please give wisely and generously.



Immunisations

Dear Parents/Carers,

We were at Ursuline this week but had a very poor take up!

We are hosting flu clinics within the Redbridge area. If your child missed their flu nasal spray or injection, please contact our office on 0203 343 2400 or email us at redbridge@v-uk.co.uk and we can get your child booked into one of our clinics.

If you have not completed a form and you would like your children to receive this, please complete the following link.

If you **would like** for your child to receive the nasal spray or injection for the flu immunisation (click yes to having the flu immunisation, then you will be offered an option to pick nasal spray or injection)

London Borough of
Redbridge

Flu immunisations

School years Reception - Year 11 can receive the following
Flu Nasal Spray ; Flu Injection (Gelatine free)
The clinics below will be appointment only

DATE	TIME	VENUE
Thursday 14 th December	3:30pm - 5:30pm	Redbridge Library
Wednesday 3 rd January	10:00am - 13:00pm	Redbridge Library
Tuesday 9 th January	3:30pm - 5:30pm	Redbridge Library
Thursday 11 th January	3:30pm - 5:30pm	Fullwell Cross Library

Please complete the following consent form link before you book your appointment:
<https://london.schoolvaccination.uk/flu/2023/redbridge>
If you would like to attend, please call **0203 343 2400 OPT 3** to make an appointment or email redbridge@v-uk.co.uk

Fullwell Cross Library 140 High Street Barkingside Ilford IG6 2EA	Redbridge Central Library Clements Road Ilford IG1 1EA
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<https://london.schoolvaccination.uk/flu/2023/redbridge>

If you **would not like** for your child to receive either of the immunisations, please complete the link and refuse (click no to having the flu immunisation): <https://london.schoolvaccination.uk/flu/2023/redbridge>

If you have already completed a form, we will not need you to complete another.

If you wish to leave feedback of our services, please complete the following link:

<https://www.surveymonkey.co.uk/r/fluconsent23>

Kind Regards,

Redbridge School Immunisation Team



The Hubb | 335-351 Rainham Road South | Dagenham | RM10 8QR

T: 0203 343 2400 OPT : 3 www.schoolvaccination.uk

Last Thursday 7 of our students attended the Jack Petchey Award Ceremony at Redbridge Town Hall.

This was a wonderful event showcasing all of the amazing contributions made by many students across the borough in their school and the wider community.

Well done especially to our 7 young achievers who had a great night of singing and celebrating surrounded by family and friends.

We are very proud of them all! Serviam!



Ms Eakins



Library News

Scholastic Book Fair



Thank you to everyone who supported the Book Fair this year. It generated a lot of excitement and how wonderful to see students chatting over and choosing which books to buy. Overall, we sold £720 approx. worth of books. The school library will benefit by selecting books up to the value of 20% of the takings. A special thank you must go to the Sixth Form library team, ably managed by **Fiorella Shayree Hassan** and **Alisha Qureshi**. Future entrepreneurs without any doubt!

Ms Finlay, Librarian



Year 7 Spanish Poem Project

7T worked on 'El Otoño', a poem about Autumn, in their Spanish lesson. They had previously worked on specific Spanish sounds and were now asked to recognise these in this lovely piece of work. They also illustrated their work and practised their creative skills by producing fantastic posters on the theme. Well done, **Lena Och** and **Manasha Sivaharan** for winning the competition. Don't forget to collect your prizes!



Ms Grassi, Head of MFL



Music News

Music Performances in Assembly

This half term, the Year 7's and Year 8's have had the chance to enjoy a couple of performances from our smaller ensembles in their year group assemblies. Thank you to our Year Leaders, students and staff for supporting them.

Well done to everyone who performed and thank you to our woodwind teacher, Danielle, and violin teacher, Sandy, for preparing them!

Woodwind Ensemble – Mariam, Christabel, Harshikaa, Ruth and Semonne.



Violin Ensemble – Haashini, Aleeza, Dia, Nithila, Charisse, Phoebe



Ms Deller, Subject Lead Music



P E News

We are thrilled to bring you the exciting highlights from the Year 9 Netball Inter-Form Competition on Tuesday, 12th December, where three forms, 9U, 9C, and 9J, competed fiercely for the coveted title. The competition was spectacular, with each form showcasing incredible skills, determination, and teamwork. The atmosphere was electric, and it was evident that all participants had given their best on the court.



Star Players:

Special mention goes to **Aaliyah Khan 9J** and **Avril Gottshalk-Charles 9U** for their exceptional shooting skills, consistently securing valuable points for their respective teams.

Gabriella Pongo 9C and **Alyssia Baptiste 9J** stood out with their incredible defensive skills, making it challenging for the opposition to break through.

Habibah Tijani's 9J remarkable attacking work contributed significantly to her team's success.

Final Standings:

After a nail-biting series of matches, we are delighted to announce the final standings:

1. **9J - Champions 🏆**: The team demonstrated exceptional coordination, skill, and determination, earning them the well-deserved first place.
2. **9C - Runners-up 🥈**: 9C displayed incredible resilience and teamwork, securing the second spot with commendable performances.
3. **9U - Third Place 🥉**: Despite facing tough competition, 9U showcased great spirit and sportsmanship, earning them the third position.

We congratulate all the participants for their hard work and dedication. It was evident that the Year 9 Netball Inter-Form Competition was not just a battle on the court but also a celebration of teamwork, skill, and school spirit.



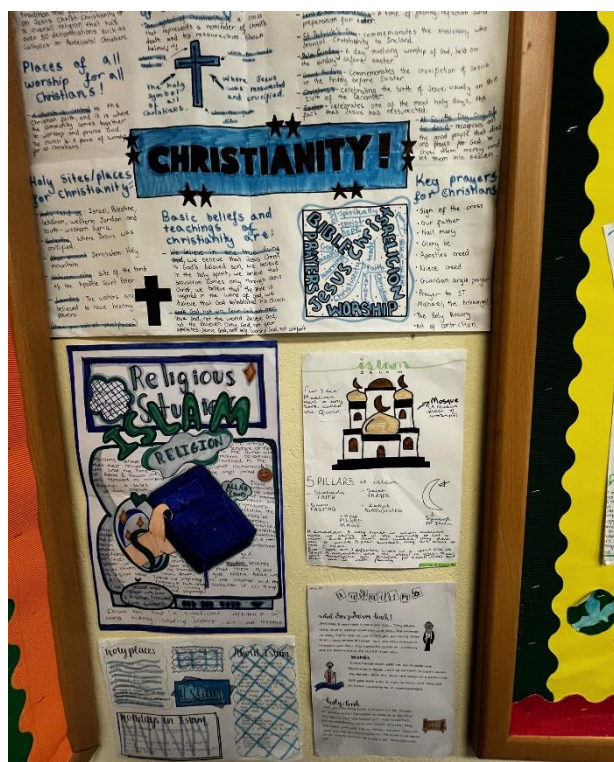
Religious Education News

“What I love about UAI”

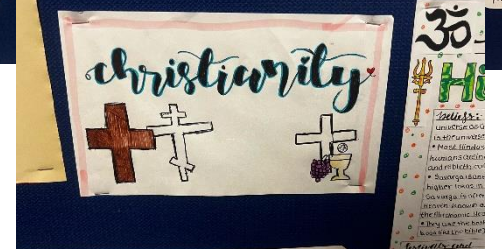
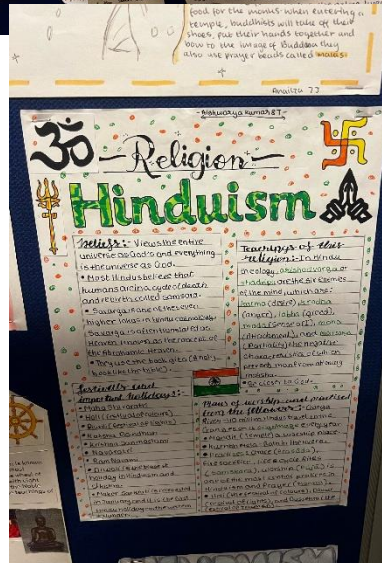
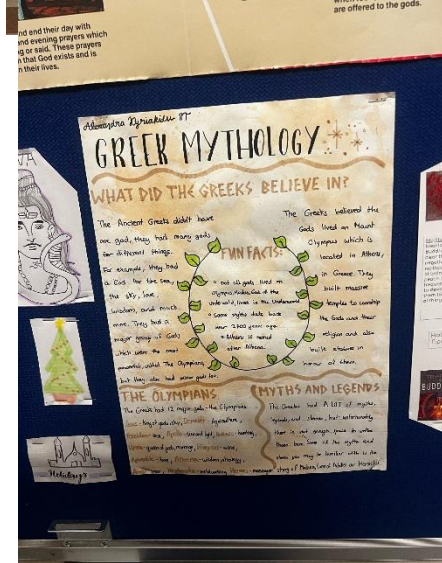
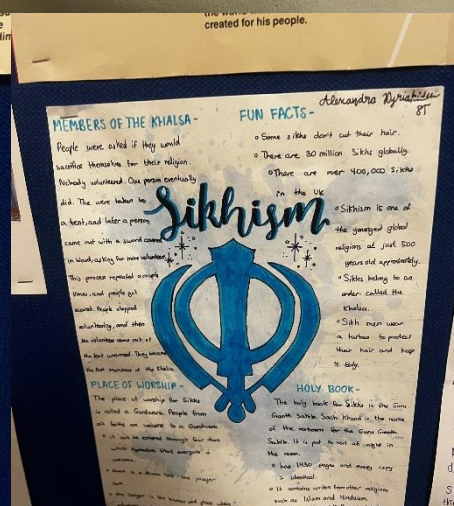
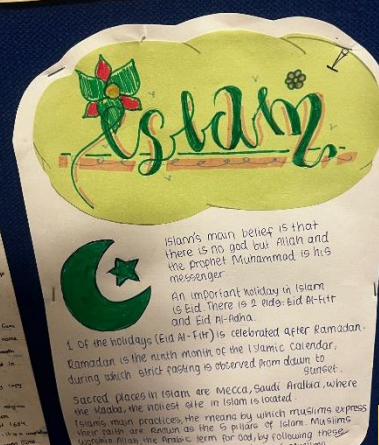
We put some lovely posters around the school today...

UAI is an inclusive school surrounded by a multicultural community. I am very proud that with my Year 7s (7T and 7J) and also with my Year 8s (8C and 8T) we are proving this to you 😁 Pupil's dedication to this project is truly commendable. United in Harmony!

Ms Maria Posnakidou
(A proud teacher!)



Christian





Science News

Balloon full of gas!

This week we wanted to see what happens when you mix bicarbonate of soda and various different acids.

Mixing baking soda (sodium bicarbonate) and acid causes a chemical reaction that produces a salt (sodium acetate) and water, as well as carbon dioxide gas. In this demonstration we had baking soda in a test tube and mixed it with various acids and then a balloon was attached to the top.

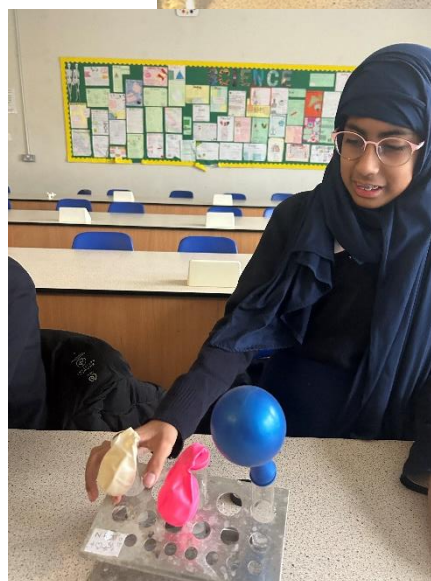
The reaction that was the strongest would give us the most carbon dioxide gas. We tested hydrochloric acid, sulphuric acid and ethanoic acid (Vinegar).

The balloon that inflated the most as the images show was the one with the ethanoic acid (Vinegar)

Removing the balloons at the end got a little messy but definitely worth the effort!



Mr Uddin and Ms Agudelo





Are you entitled?

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

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

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

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

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

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

It is important to note that:

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



Ursuline Menu for the coming week...

<div> <div>MENU</div> <div>MY LUNCH MY WAY</div> </div> <div>WEEK 2</div> <div>V = VEGETARIAN VE = VEGAN</div>		
MONDAY	BREAKFAST	MID-MORNING
	POWERBALLS V SAVOURY BREAKFAST MUFFIN Bacon / Egg / Veg Sausage VE YOGHURT & GRANOLA V	MARGHERITA PIZZA V LOADED NACHOS V PANINI / BAGUETTE
TUESDAY	POWERBALLS V PORRIDGE BAR V TOASTED BAGEL V Plain / Cream Cheese or Melted Cheese BREAKFAST HOT POT CINNAMON SWIRL V	BREAKFAST MUFFIN V PIZZA MUFFIN / BAGEL V BREAKFAST WRAPS HUMMUS BAR VE 3 kinds PANINI / BAGUETTE
WEDNESDAY	POWERBALLS V PORRIDGE BAR V SAVOURY BREAKFAST MUFFIN Bacon / Veg sausage VE BREAKFAST WRAP YOGHURT & GRANOLA V CINNAMON SWIRL V	BREAKFAST MUFFIN V MARGHERITA PIZZA V SLOPPY GIUSEPPE HUMMUS BAR VE 3 kinds PANINI / BAGUETTE
THURSDAY	POWERBALLS V PORRIDGE BAR V TOASTED BAGEL V Plain / Cream Cheese / Melted Cheese BREAKFAST HOT POT CINNAMON SWIRL V	SOUP V PANINI / BAGUETTE PIZZA TURNOVER V LOADED NAAN HUMMUS BAR VE 3 kinds PANINI / BAGUETTE
FRIDAY	POWERBALLS V PORRIDGE BAR V SAVOURY MUFFIN Egg / Bacon / Vegan Sausage VE BREAKFAST HOT POT FULL ENGLISH FRIDAY	SOUP V DIRTY JACKETS With Roast Vegetables V MARGHERITA PIZZA V LOADED NACHOS V PANINI / BAGUETTE
		LUNCH ROASTED VEGETABLE & PESTO PASTA BAKE V QUORN FISHLESS FISH FINGER WRAP With Coleslaw VE JACKET BAR ----- VEGAN CHOCOLATE BROWNIE VE DESSERT SPECIAL V Fruit / Jelly / Yoghurt CHICKEN RENDANG With Rice ROASTED SUMMER VEGETABLES & MOZZARELLA TRAY BAKE V CHIPOTLE CHICKEN & SWEET POTATO BOWL CURRY BAR ----- FLAPJACK VE DESSERT SPECIAL V Fruit / Jelly / Yoghurt CHICKEN CARVERY ROAST 3 WAYS Lemon / Tandoori / Plain with Roast Potatoes, Gravy & Seasonal Vegetables BBQ QUORN MELT V With Wedges & Coleslaw ROAST BAGUETTE / FLATBREAD JACKET BAR ----- SUMMER ICED LOAF V DESSERT SPECIAL V Fruit / Jelly / Yoghurt SAUSAGE, PEPPER & POTATO TRAY BAKE TERIYAKI NOODLES WITH BROCCOLI, CARROTS & MANGE TOUT V CHICKEN TANDOORI NAAN With Sriracha Slaw PASTA BAR ----- BANANA OATBAR V DESSERT SPECIAL V Fruit / Jelly / Yoghurt FISH & CHIPS With Peas & Baked Beans served with Curry Sauce / Ketchup / Tartar Sauce VEGGIE SAMOSA & CHIPS VE With Curry Sauce SALMON KATSU & RICE JACKET BAR ----- ORANGE DRIZZLE CAKE DESSERT SPECIAL V Fruit / Jelly / Yoghurt

FRESH VEGETABLES & FRUIT SERVED DAILY



Careers

Discover our new Media Careers Podcast



We're pleased to announce a new partnership to deliver the [Media Careers Podcast](#), a fantastic podcast series available on both [Spotify](#) and [Apple](#). This series provides insider information from industry professionals about pursuing a career in the screen industries to students

[LEARN MORE ABOUT THE MEDIA CAREERS PODCAST](#)



Our apprenticeship applications for 2024 are now open!

Why Join CBRE?

Property makes up the building blocks of where we live, work, and have fun. Every building you enter has been directly affected by someone working in the property industry. There are a wide range of career paths and opportunities that await students in this industry, which is focused on people above everything else.

In joining CBRE's Next Generation cohort, your students will be shaping the future of Real Estate. Students will receive excellent training and mentoring from industry experts and specialists, who will share invaluable knowledge and experience with you. They will be a part of a wider cohort of like-minded young professionals who will develop together in their careers. We give your students the opportunity to work on world class projects, with an unmatched portfolio of clients, so that they gain the knowledge, skills, and ability to become future leaders and our Next Generation of CBRE.



When I entered CBRE as an apprentice I was quite intimidated coming from sixth form. However, the culture and people at CBRE made it such a happy and supportive place for young people like me."

- Kadra Abdi, Real Estate Apprentice

[Apply now here](#)



All About Deloitte Apprenticeships

Monday 5th February 2024, 4pm-5pm

Discover your path at our All About Deloitte Apprenticeships event.

What matters is different to everyone. Right now, you're exploring options for what direction to take as you start your career. We know that in a sea of opportunities, deciding what's most important to you can feel really daunting. But you don't need to have it all figured out just yet. We're here to help you make the right choices, for you.

[RESERVE PLACE](#)

Careers in STEM Apprenticeships Event

An exclusive opportunity to access competitive apprenticeship offers and connect with top STEM companies, including BP, Pfizer, Dyson, and more!



We invite you to join us for a unique experience, in collaboration with industry leaders including Dyson, Pfizer, BP, HSBC, GSK and Salesforce (more soon to be announced).

This event is specifically curated for young women and non-binary students who are eager to explore apprenticeships and pursue careers in these dynamic fields.

This event will include:

- **Networking:** Connect with like-minded individuals and industry professionals.
- **Industry Panel Event:** Gain insights from experts at the forefront of engineering and technology.
- **Interactive Workshop Activities:** Get hands-on experience and enhance your skills
- **Sponsor Trade Stands:** Explore the offerings of our esteemed partners.
- **Application support:** Receive expert guidance from partner organisations as they share top tips to assist and support potential candidates in applying for their apprenticeships.

[Event Details](#)

Name of event: Careers in Technology and Engineering Apprenticeships Event Date: Friday 19th January, 2024

Times: 11:00 AM - 4:00 PM

Location: Salesforce office, London- Liverpool Street

Applicants must be:

- A female or non-binary student
- Living in England
- In Year 13 for the academic year 2023/24
- Studying at least one STEM subject

[Click Here to Apply Now](#) [Deadline: 4th January 2024](#).

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Message from the Met Police

KEEP YOUR BELONGINGS SAFE IN THE SCHOOL HOLIDAYS

- Stay aware of your surroundings when you are out and about in the school holidays.
- Avoid walking with valuables on display such as mobile phones and earpods
- Plan your route and use forms of transport others are using. Perhaps travel with a friend
- Avoid shortcuts and isolated places
- Do not confront a thief or risk your own safety

LOCATE YOUR PHONE IF LOST OR STOLEN

- Record your phone's IMEI number by typing *#06# on your phone keypad and keep a note of it somewhere at home
- Use access codes sent (two-factor authentication codes) to access your data from another device
- **KNOW YOUR DETAILS** Tracker Apps can help locate your phone, such as Find My Phone and record password details elsewhere, in case you need to provide information to an officer after your phone has been stolen.

METROPOLITAN POLICE

MORE TRUST | LESS CRIME | HIGH STANDARDS

12 Top Tips for Children and Young People to Enjoy a TECH-FREE CHRISTMAS

The Christmas holidays are tailor made for families to enjoy relaxed quality time in each other's company – but with distractions like pinging phone notifications, the lure of games consoles and online Boxing Day sales, that can be more difficult than it sounds. Staying off our phones, laptops and tablets, however, can really help us to appreciate the things that genuinely matter at this special time of year. Follow our 12 top tips for a tech-free festive season ... Yule be glad you did! Merry Christmas!

CHRISTMAS CRAFTING

Get out the paper, glue and scissors and have a go at hand-making cards or gift tags. You could also create your own decorations to add a uniquely personal touch to the Christmas tree.

NATURE QUEST

Try a scavenger hunt in the garden or your local park. Challenge yourself and your family to find natural treasures that are symbolic of this time of year – like holly or pinecones, say.

CAROL KARAOKE

Sing your hearts out with a Christmas carol karaoke night. Pick out your favourite tunes and enjoy a musical celebration with family and friends.

WANDER DOWN MEMORY LANE

How about making a scrapbook filled with your favourite memories from Christmases gone by? Unleash your creativity while you enjoy reliving those magical holiday moments.

TRY REFLECTIVE JOURNALLING

Jot down your thoughts, feelings and reflections on the holiday in a notebook or diary – you could also list some of your main goals for the new year.

WRAP IT UP

Take time to get inventive with some luxurious gift wrapping. Break out the wrapping paper, ribbons and bows to make parcelling up those presents into a creative adventure.

WALK IN A WINTER WONDERLAND

Delight in the great outdoors with some gentle walks over the holiday. The family can all wrap up warm as you add to your step count and savour the crisp winter air together.

BE A SEASONAL CHEF

Get the whole family working together in the kitchen for some Christmas cooking. Choose a recipe and whip up a festive feast that all of you can enjoy.

ENJOY A CHRISTMAS STORY

Christmas is a perfect time for sparkling stories. Get cosy and lose yourself in a brilliant book, from Dickens to Dr Seuss or a more modern favourite by Chris van Allsburg or Tom Fletcher.

SNOWY SCULPTURES

If we're fortunate enough to get a white Christmas this year, make the most of the opportunity by having a family snowman-building competition!

GAMES NIGHT GALA

Dive into some old-school fun with a tech-free games night. Classic board games and card games have stood the test of time for a reason!

GOODWILL TO ALL

You and your family could spend a day volunteering – perhaps at a food bank or helping a local charity. After all, kindness and thinking of others are part of what Christmas is all about.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



The National College



National Online Safety

#WakeUpWednesday

[@natonlinesafety](https://twitter.com/natonlinesafety)

[/NationalOnlineSafety](https://facebook.com/NationalOnlineSafety)

[@natonlinesafety](https://instagram.com/natonlinesafety)

[@national_online_safety](https://tiktok.com/@national_online_safety)



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	1.05 – 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
	Chess Club: BFA	1.00 – 1.30p.m.	F13	All Years
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