



THE URSULINE ACADEMY ILFORD

A Catholic Academy for Girls

Weekly News – 2023/2024 Issue 15

21st December 2023



Dear Parents/Guardians

Welcome to our final newsletter of the calendar year. It's another bumper edition with numerous activities being celebrated and shared with you. Please do read down and look at all the wonderful photos of the events that have taken place over the last week.

On Tuesday we held our annual Carol service, we had great attendance so I would like to thank everyone who came to celebrate and support us. I'm very grateful for the contributions to the retiring collection which raised £120.86 for Brentwood

Catholic Children's society. A very worthy cause!

I am very happy and grateful to Jamshed Malik who came to the end of his term of office as a parent Governor but has agreed to continue service to the school in this role. You can read about his reappointment on page 15.

If you are celebrating Christmas, may I wish you a happy and holy Christmas filled with the joy of God's blessing and for everyone I wish you a safe, peaceful, and restful break.

Nollaig Shona Daoibh!



Fiona Stone headteacher@uai.org.uk



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Chaplaincy News



Pope Francis@Pontifex – 20th December 2023

May we not forget people suffering the evils of war. Let us think about children in war and the things they see. May we draw near to the Nativity Scene to ask Jesus for peace. He is the Prince of Peace.



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

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

22nd December: Strive, each one for her part, to be faithful and devoted.

23rd December: All your works, being rooted in twofold charity, can bear nothing but good and salutary fruits.

24th December: May you be motivated solely by the love of God.

25th December: Without doubt you will see marvellous things.

26th December: Our every pain and sadness will turn into joy and great gladness.

27th December: Blessed are they who preserve within themselves this noble yearning.



Think Of Others, (Translated from Arabic)

By Mahmoud Darwish (1941-2008)

As you prepare your breakfast, think of others
(do not forget the pigeon's food).
As you conduct your wars, think of others
(do not forget those who seek peace).
As you pay your water bill, think of others
(those who are nursed by clouds).
As you return home, to your home, think of others
(do not forget the people of the camps).
As you sleep and count the stars, think of others
(those who have nowhere to sleep).
As you liberate yourself in metaphor, think of others
(those who have lost the right to speak).
As you think of others far away, think of yourself
(say: "If only I were a candle in the dark").



فكّر بغيرك (Original Arabic)

وَأَنْتَ تُعِدُّ فُطُورَكَ، فَكَّرْ بِغَيْرِكَ
لَا تَنْسَ قُوْتَ الْحَمَامِ
وَأَنْتَ تَخُوضُ حُرُوبَكَ، فَكَّرْ بِغَيْرِكَ
لَا تَنْسَ مَنْ يَطْلُبُونَ السَّلَامَ
وَأَنْتَ تَسِدُّ فَاتُورَةَ الْمَاءِ، فَكَّرْ بِغَيْرِكَ
مَنْ يَرْضَعُونَ الْغَمَامَ
وَأَنْتَ تَعُودُ إِلَى الْبَيْتِ، بِبَيْتِكَ، فَكَّرْ بِغَيْرِكَ
لَا تَنْسَ شَعْبَ الْخِيفَةِ
وَأَنْتَ تَنَامُ وَتُحْصِي الْكَوَاكِبَ، فَكَّرْ بِغَيْرِكَ
ثِقَةٌ مَنْ لَمْ يَجِدْ حَتْمًا لِلْعَنَامِ
وَأَنْتَ تَحْزَنُ نَفْسَكَ بِالْإِسْتِعَارَاتِ، فَكَّرْ بِغَيْرِكَ
مَنْ فَقَدُوا حَقَّهُمْ فِي الْكَلَامِ
وَأَنْتَ تَفَكِّرُ بِالْآخَرِينَ الْمَعْدُومِينَ، فَكَّرْ بِنَفْسِكَ
قُلْ: لَيْتَمَ شَمْعَةٌ فِي الظُّلَامِ



Mahmoud Darwish was a respected Palestinian poet and author who won numerous awards for his literary output and was regarded as the Palestinian national poet.

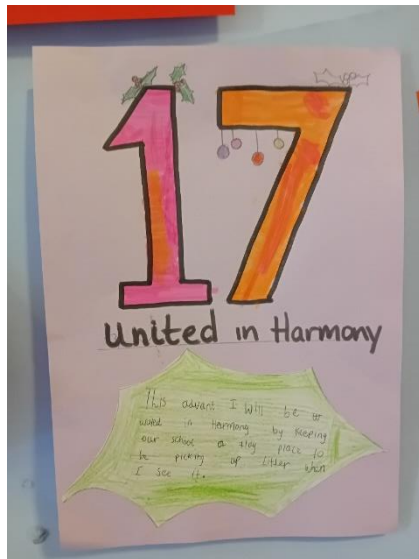


Advent Calendar

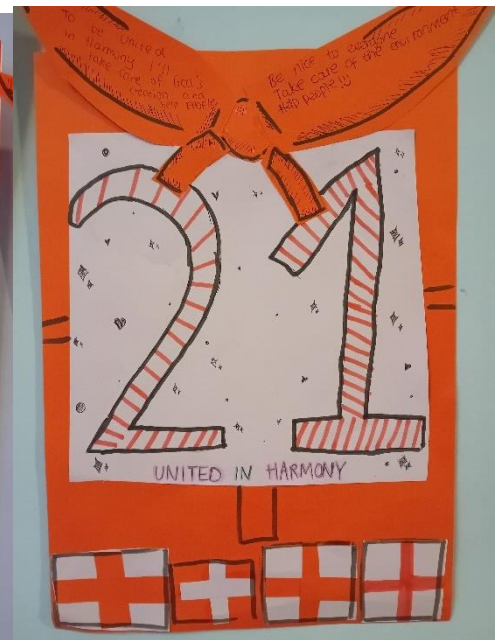
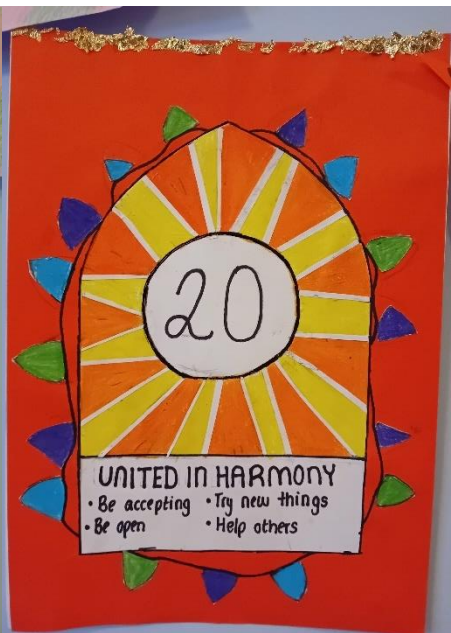
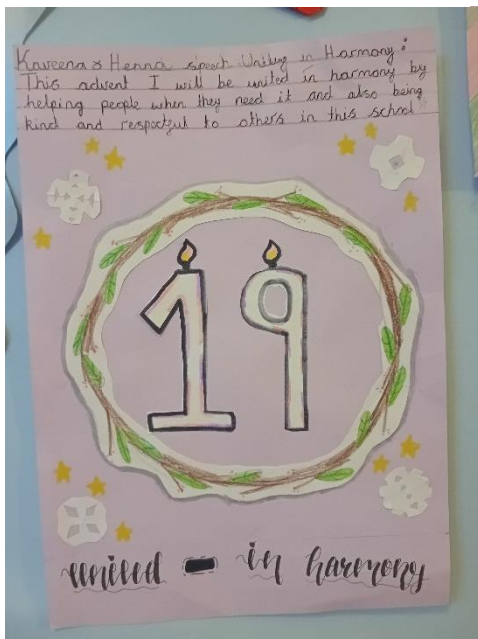
On Days 16, 17 and 18 of Advent our students will keep the school tidy by picking up litter if they see it on the floor or on the ground outside. Our Laudato Si' Committee have been busy over the past

few days also clearing up all the leaves in the chapel garden!

#Serviam

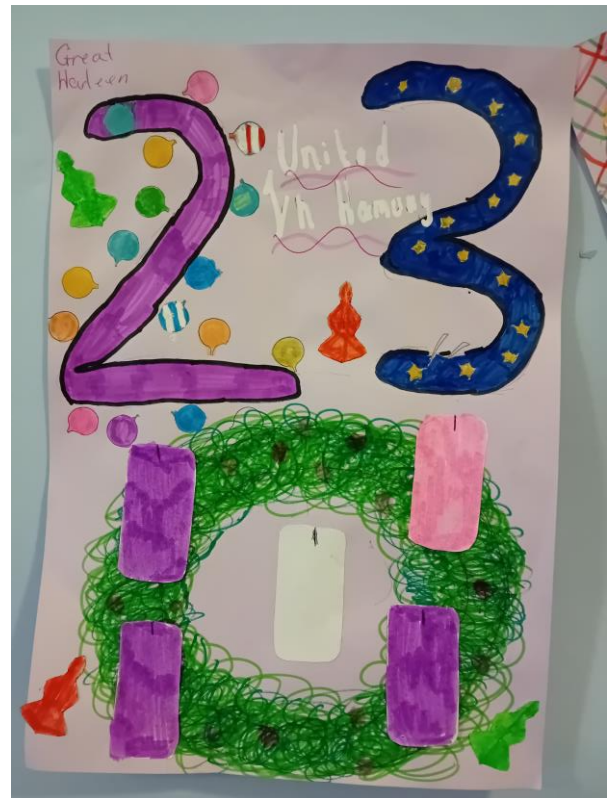


On days 19, 20 and 21 of advent we will be "United in Harmony" by keeping an open mind and trying out new things! We will be more accepting of others and not be so quick to judge.



As we come to the end of term at the Ursuline Academy Ilford, we would like to wish everyone a very Merry Christmas!

We hope that you all have a safe and joyful break with family and loved ones.



Ms Eakins



Christmas at Ursuline...

Christmas Service

Click [Here](#) to listen to *Silent Night*





Christmas Jumper Day 2023: Wednesday 20th December

On Wednesday the school held a Christmas Jumper day for students and staff. The Jumpers were worn to show support to those in need in our local community.

All students and staff were encouraged to donate unperishable food items such as tinned food, rice, biscuits, cereal, pasta, instant noodles, and sauces.



Some of the donated food

These foods were then taken to the local food bank at Jubilee Church Ilford. These food items will now be distributed to those in need in the local area. Form Chaplaincy reps assisted with the collection of food, and the distribution of food at Jubilee Church.

A huge thank you to all students and staff at the Ilford Ursuline Academy for their support.

Some students and staff modelling their Christmas Jumpers!

Ursuline staff



...And Students...



7 Catherine



8 Teresa



Year 11



9 Teresa



7 Ursula

Santa's Ursuline Academy helpers!





if you plan to have any tubs of sweets, please can Mrs Wood have the containers once they are empty - they make perfect containers for taking food home in if containers are forgotten - any brand of sweets will be accepted!!!!

A photograph of a nativity scene displayed in a wooden frame with a thatched roof. The scene is set in a stable with straw bedding. Mary is kneeling on the right, holding the infant Jesus. Joseph is seated on the left. Several other figures, including shepherds and animals, are present. A white dove is flying in the center. The background features palm trees and a star. The entire display is mounted on a wooden structure with a green curtain hanging below it.



Food Tech News

Year 10 Food and Nutrition

Year 10 Celebrated the Christmas season by creating their own gingerbread houses.

All houses tasted very nice – some however, sadly did not survive the building process!!





Kumar, Aishwarya



George, Lily



Siddiqui, Zayna



Azam, Aiman



Alam, Zunaira

Year 8 Food and Nutrition

Year 8 have been busy creating Christmas Cakes. They made their own rich fruit cake, covered it with marzipan and then iced using royal icing and handmade marzipan decorations- Well done to all!!



Banting, Chloe

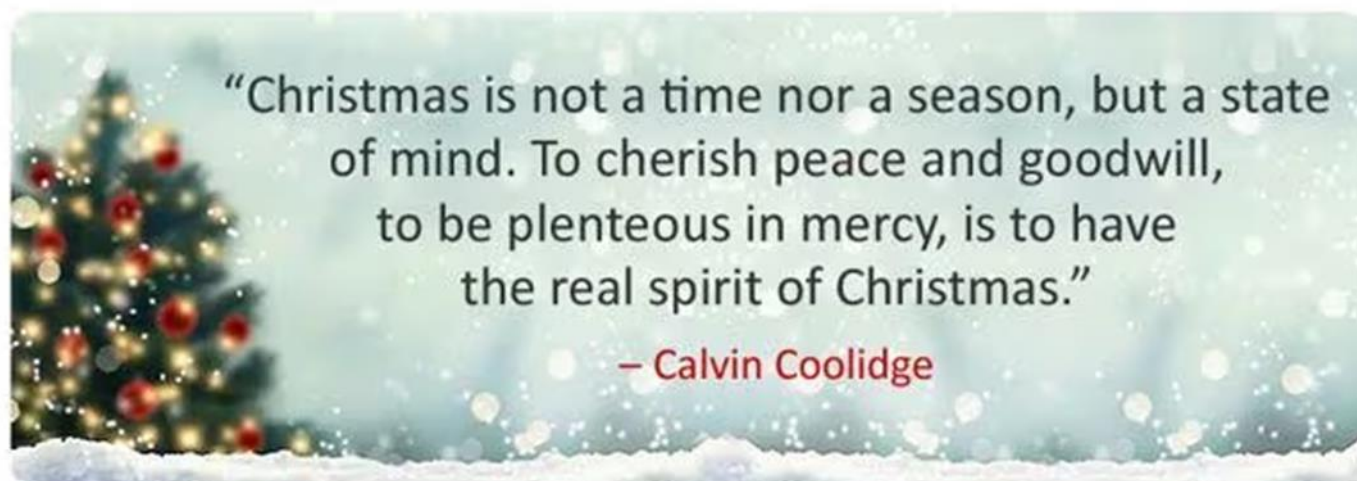


Azad, Shahra

Mrs Wood, Food Tech Subject Leader

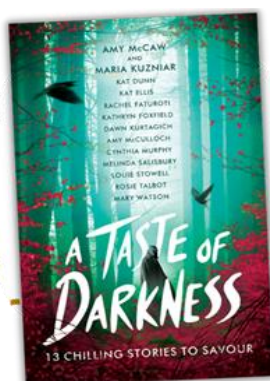
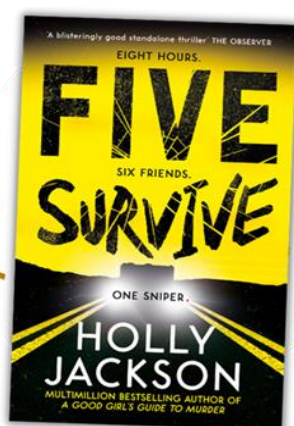


Library News



The best teen and YA novels of 2023!

The Scholastic Book Club editors have handpicked the *best* teen and YA novels of this year, perfect for gifting this Christmas. With our selection, there's a perfect book to match every taste and preference. Wrap up the magic of storytelling and spread some book joy with our standout selection of teen and YA novels!





Lion King Trip

The students were recently treated to a captivating experience at the Lyceum Theatre, where they had the incredible opportunity to watch "The Lion King". The performance showcased the mesmerising mastery of puppetry, bringing to life the beloved characters in a way that left the students in awe. The combination of stunning visuals and the enchanting live musical performance created a memorable and immersive experience for all, allowing the students to appreciate the magic of theatre and storytelling in a whole new light.

"I had an absolutely fantastic time with my friends and teachers at the Lyceum Theatre. The experience was truly memorable. Being able to enjoy my favourite Disney film in the theatre was a dream come true, and I found a newfound appreciation for the performing arts and live musicals' - **Aleena Sethi 8T**



Ms Tallat



MFL/Geography News

Geography/ MFL Project: Year 8

Year 8 were originally given a geography research-based homework, which consisted of looking up information about a French/ Spanish speaking country, e.g., languages, flag, climate, and weather. They were then taught the vocabulary they needed in the foreign language they study in class and entered a competition by producing highly creative information posters. Here are the winners. Bravo!

Aishwary Kumar 8T

Rithika Mohankumar 8T

Akisha Elangovan 8T

Alayna Akhtar 8C

Jannat Mehadi 8C

Lily George 8C

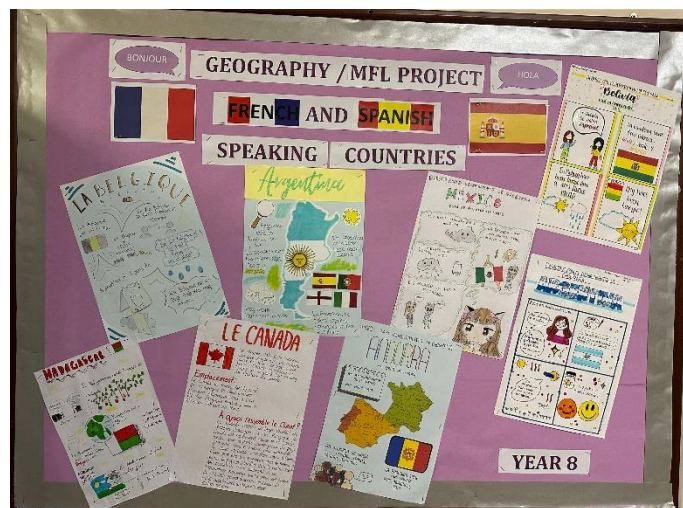
Vaishali Kumar 8U

Mariam Patel 8U

Thank you **Ms Colder**, **Mr McCarthy** and **Mr Clare** for facilitating this cross-curricular project.

Ms Grassi,

MFL Subject Leader





Music News

On Wednesday 20th December, music students enjoyed a wonderful performance of the Nutcracker ballet at the London Coliseum. The girls have worked so hard in their extra-curricular activities this term, it was a well-deserved treat!



How lucky were we...it was a full orchestra...Amazing!

Ms Deller, Subject Lead Music

School Governors



Parent Governor

You may remember in our Newsletter of 1st December, we informed you that one of our parent Governors' terms of office was shortly due to expire, and we invited parents to apply for the role, with a closing date of 15th December. We did say that the existing Parent Governor would be willing to serve a further 4-year term but would be more than willing to step aside if someone else wanted to take over. In the absence of another parent coming forward, we write to advise you that Mr Jamshed Malik has therefore been elected unopposed to serve a further 4-year term as Parent Governor. Serviam Jamshed!



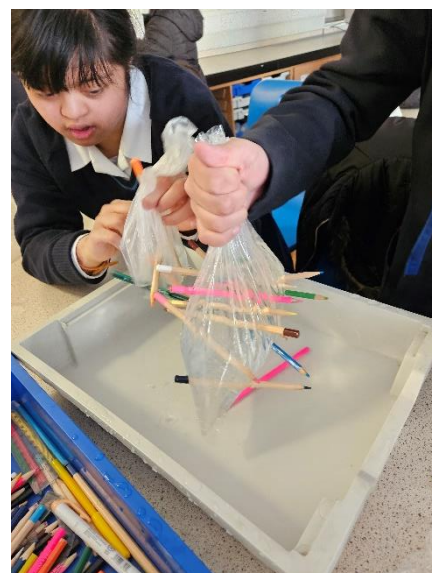
Science News

Piercing a plastic bag with Pencils

This week we looked at the properties of water and plastic to help us pierce holes through a plastic bag. No water spilled out of the holes as the bags are made of a polymer. Polymers have a long chain of molecules that are flexible. When we poked the sharp pencils through the polymer it slid between the chain of molecules and made a seal around the hole.

Water consists of molecules that attract to each other strongly and creates surface tension where the water droplets hold together and at the surface forms a barrier that requires some force to break it.

As the pencils were very sharp this occurred smoothly enough to cause no leaks as we can see some groups successfully used numerous pencils.



Mr Uddin and Ms Agudelo



South Asian Society

The South Asian Society will be celebrating Pongal/Makar Sankranti/Lohri on Friday 12th January during lunchtime.

Pongal is a harvest festival celebrated by the Tamil community. It is a celebration to thank the Sun, Mother Nature and the various farm animals that help to contribute to a bountiful harvest.

Makar Sankranti is an important festival celebrated in various parts of India. The day is celebrated on January 14. Each state in India has different ways of observing Makar Sankranti however the theme- harvest season - is the combining factor. On this day, the Sun God is worshipped, offered prayers and gratitude.

Lohri marks the New Year for Punjabi farmers. On this day, the farmers pray and show gratitude for their crops before the harvesting begins and pray to Lord Agni to bless their land with abundance.

There will be two workshops taking place. Year 7, 8 and 9 pupils can sign up to the workshops.

Please see poster for further details.

May this harvest festival fill your life with joy and prosperity.

Ms Sivachandran on behalf of the South Asian Society





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



Top Tips for SETTING UP PARENTAL CONTROLS ON NEW DEVICES

In children's eagerness to start enjoying new digital gadgets immediately, it can be easy to overlook setting up the type of parental controls that can help to protect them online. If you don't sort those out from the very start, it can be an uphill battle – technologically and psychologically – to impose such controls later. Here's our rundown of what to look for when setting up the various internet-enabled devices that might be lurking under the tree at this time of year.

IPHONE

If your child's lucky enough to be getting their own iPhone, parental controls can help avoid issues like screen addiction and unsuitable content. Go into the settings and scroll down to 'Screen Time'. From here you can customise important settings including time limits on using the device, communication restrictions and content blockers. You can also lock your changes behind a passcode.

ANDROID

With Android devices, Google's Family Link app is your friend. You'll need a Google account – and a separate one for your child, which you should use when first setting up the device. Then, in Family Link on your own device, select 'Add Child' and enter their account details. This lets you specify limits on daily usage, restrict certain apps, block particular content and more.

PLAYSTATION

You can prep for a PlayStation before it's even unwrapped. At my.account.sony.com, create an account, then go to Account Management > Family Management > Add Family Member to set up your child's account, which you'll use to sign in on the console. You can restrict the age ratings of the games they can play and who they can talk to. On the PS5, you can make exceptions for any games you think are acceptable despite their high age rating.

IPAD

iPad parental controls are identical to those on iPhones. However, if you've got a shared family iPad and want to ensure your children aren't seeing anything age-inappropriate after you hand them the device, there's a feature called Guided Access (under Settings > Accessibility > Guided Access). With this switched on, young ones can only use the app that's currently open.

XBOX

The Xbox Family Settings app helps you manage which games your child can play (and when). You'll need to set up the console with your own account and then add a child profile. Make sure your account's password is protected, so your child can't alter your choices later. You'll be walked through the functions at setup, but you can also reach them manually via Settings > Account > Family Settings.

NINTENDO SWITCH

Download the Nintendo Switch Parental Controls app on your phone, and you'll be shown how to link it to the console. Once that's done, you can limit how long your child can play each day, decide what age ratings are permitted and more. You'll also get weekly updates on how often they've used the device. These controls are accessible through the console itself, but the app is usually easier.

WINDOWS 11 PCS

On Windows 11, account management is key. Set up the device with your own account as the admin. Then go to Settings > Accounts > Family and Other Users and create your child's account (if you've already done this on a previous PC, just log in with those details). Microsoft Family Safety (either the app or the site) then lets you control screen time, what content children can view and more.

CHROMEBOOKS

Chromebooks' parental controls are managed via the Family Link app. Unlike an Android device, however, you need set up the Chromebook with your own account first, then add your child's. Go to Settings > People > Add Person and input your child's Google account details (or create a new account). Your child can then log in, and you can monitor what they're up to via Family Link.

MACS

Like iPhones, parental controls for Macs are managed via the Screen Time settings. Again, the crux here is to set yourself up as the administrator before adding any child accounts. In the settings, look for Users & Groups to create your child's account, then – while on their profile – use the screen time options to place any boundaries around apps, usage and who your child can communicate with (and vice versa).

SMART TVs

Smart TVs typically have their own individual parental controls. One of the most popular brands is Samsung – and on their TVs, you can control the content available to your child. In the Settings menu, under 'Broadcasting', you can lock channels and restrict content by its age rating. Even this isn't foolproof, however: some apps (like YouTube) might still let children access unsuitable material.

Meet Our Expert

Barry Collins is a technology journalist and editor with more than 20 years' experience of working for titles such as the Sunday Times, Which?, PC Pro and Computeractive. He's appeared regularly as a tech pundit on television and radio, including on BBC Newsnight, Radio 5 Live and the ITV News at Ten. He has two children and writes regularly on the subject of internet safety.



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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