



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



Dear Parents/Guardians,

I hope this newsletter finds you in good health as we come to the end of another week filled with enthusiasm and commitment to learning at our wonderful academy.

**CAFOD Volunteer Opportunities - A Call to Serve**

I would like to draw your attention to Mr. McGhee's message on page 2, encouraging you, the community, to consider volunteering for CAFOD. At our academy, we place a strong emphasis on using our gifts and talents to serve others, embodying the spirit of gratitude and generosity encapsulated in our motto, #Serviam.

**St. Angela's Day Celebration - Friday, 26th January**

We are delighted to announce that this Friday, 26th January, we will be celebrating St. Angela's Day. As we honour the life and legacy of St. Angela, who devoted her life to working with young people, we find daily inspiration in her example. To commemorate this special day, we will be hosting masses, and **school will finish at 12.40pm.**

---

*"Act, move, believe, strive, hope, cry out to him with all your heart for  
without doubt you will see marvellous things."*

*St Angela, Prologue to the Counsels, 16-18*

---

**Upcoming Parent Coffee Morning - Thursday, 1st February**

I would like to remind parents of our upcoming second Parent Coffee Morning of the year on Thursday, 1st February. You are invited to join us at 8.50am in the school library for a 9am start. The event will be hosted by me, with presentations from Dr. Nguyen, our Curriculum Deputy Headteacher, and Mr. Robertson, Assistant Headteacher responsible for Teaching, Learning, and Assessment.

This is a valuable opportunity to gain insights into our educational approach, curriculum updates, and to engage in meaningful discussions about your child's academic journey. There will also be an opportunity to tour the school to see the environment in which your daughters learn. If you would like to attend, please complete this short form:

<https://forms.office.com/e/sbkFGKb1av>

Thank you for your continued support!

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



## Newsletter Contents this week:

*Chaplaincy News Pages 2*

*CAFOD News, Page 3*

*Message from the Metropolitan Police, Page 4*

*Jack Petchey News, Page 4*

*Library News, Page 4*

*MFL News, Page 5*

*Music News, Page 5*

*Science News, Page 6*

*Swimming Gala, Page 7*

*Free School Meals, Page 8*

*Free Speech v Hate Speech, Page 9*

*Careers, Pages 10 - 15*

*Redbridge Notice, Page 15*

*Extra-Curricular Clubs, Page 16*



## Chaplaincy News



**Pope Francis@Pontifex** – 16<sup>th</sup> January 2024

The [#WordOfGod](#) invites us not to close ourselves off or think that we can do it alone, but to grow together. Let us listen to each other, talk together, and support one another.

[#ChristianUnity](#)



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

**January: Trust**

**19<sup>th</sup> January:** If you see one timid and inclined to despondency, promise her the blessing of the mercy of God.

**20<sup>th</sup> January:** In these pestilential times, you will find no other recourse than at the feet of Jesus Christ.

**21<sup>st</sup> January:** Without doubt you will see marvellous things.

**22<sup>nd</sup> January:** God only wants what is for your good and joy.

**23<sup>rd</sup> January:** They should place their hope and love in God alone, and not in any living person.

**24<sup>th</sup> January:** Jesus Christ will enlighten you.

**25<sup>th</sup> January:** Living all united in heart, you will be like a mighty fortress.

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.





## Catholic Agency for Overseas Development

CAFOD speakers have been visiting the school and working with VI form and chaplaincy groups for many years now. They have asked if we would promote a recruitment drive for more volunteers, please have a look at the information below, it may be something for you or someone you know. Many thanks.

**Mr McGhee. Head of Religious Education.**

*Could you inspire the next generation and gain valuable experience of presenting to young people at the same time? CAFOD, the Catholic Agency for Overseas Development, is looking for volunteers to join us in our mission to our Catholic schools. Full training and support provided. See [cafod.org.uk/Volunteer](http://cafod.org.uk/Volunteer) for more information or contact East Anglia's CAFOD representative Jane Crone [jcrone@cafod.org.uk](mailto:jcrone@cafod.org.uk)*



Working together for a safer London

### Message from the Metropolitan Police...

## Protect yourself and your property

- ✓ Be aware of your surroundings
- ✓ Avoid walking with ear pods or expensive clothing on display
- ✓ Avoid isolated places, perhaps travel with a friend



- ✓ Each phone has a unique IMEI number... Type \*#06# and record it. Leave a copy at home
- ✓ Use two-factor authentication codes
- ✓ Use tracker apps, like Find My Phone, keep login at home
- ✓ Know your details - in case your phone is stolen - this helps Police investigation





Our January Jack Petchey Award winner is **Vira Hibliak** in Year 9. Vira has moved here from Ukraine under what are very difficult circumstances and has shown great resilience and determination since day one. She is very kind to her peers and has made some wonderful friends! Well done, Vira. We are all very proud of you.

**Ms Eakins, Jack Petchey Coordinator**



**Library News**



The Scholastic Book Fair Team of Sixth Formers worked very hard to organise and run a very successful book fair before Christmas. Not only did the staff and students get the opportunity to browse and purchase popular books at half price, but the school received 20% of the £730 sales, to purchase books for the library. As a sign of appreciation, the students were invited to share refreshments with Ms Stone. They excitedly told her how much they enjoyed the experience and how the many skills they employed - sales, customer relations, working in a team, time keeping, reliability, advertising, managing a rota etc. Excellent experience for them to include in UCAS, Apprenticeship or work applications. Serviam! Thank you to:

***Alisha Qureshi 13.1***

***Fiorella Hassan Shayree 13.1***

***Romana Islam 13.3***

***Subaiya Sayed 13.3***

***Asra Ashraff 12C***

***Blinzy Fernandes 12T***

***Hawwa Nihar 12J***

***Lakshmi Surendirathas 12C***

***Manjuli Bagiyal 12J***

***Nuha Shukry 12U***



**Ms Finlay, Librarian**



## MFL News

Francophonie UK, a group formed of 6 Francophone embassies and delegations, including Belgium, Canada, France, Monaco, Tunisia and Quebec, is inviting all students and teachers of French to take part in the French Pop Video Competition!

Our school will be entering for this this year. **Students are welcome to join our French Pop Video Club on Wednesdays from 12:10 until 1:10 pm in G6.**

Join the competition and get the chance to be streamed on Francophonie UK YouTube channel and compete for the National Francophonie UK School Music Awards as part of the Fête de la Musique\* in June 2024!

Win amazing prizes and attend a live Fête de la Musique concert.

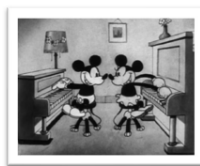
\*In Francophone countries, The **Fête de la Musique**, also known in English as Music Day, Make Music Day, or World Music Day, is an annual music celebration that takes place on 21 June. On Music Day, citizens and residents are urged to play music outside in their neighbourhoods or in public spaces and parks.

**Ms Grassi, Subject Lead MFL**



## Music News

<b>EXTRA-CURRICULAR MUSIC CLUB TIMETABLE</b>					
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breaktime</b>	Music Practice (Invitation only) <u>@10.40am</u> (S5)	Music Practice (Invitation only) <u>@10.40am</u> (S5)	<b>UKULELE GROUP</b> <u>@10.40am</u> S5	Music Practice (Invitation only) <u>@10.40am</u> (S5)	Music Practice (Invitation only) <u>@10.40am</u> (S5)
<b>Lunchtime</b>	Music Practice (Invitation only) <u>@12.40pm</u> (S5)	<b>COMPOSITION CLUB</b> <u>@ 12.40pm</u> S5	Music Practice (Invitation only) <u>@12.40pm</u> (S5)	<b>WORSHIP BAND</b> <u>@ 12.40pm</u> S5	<b>UAI BAND</b> <u>@ 12.40PM</u> S5
	<b>GUITAR ENSEMBLE</b> <u>@ 1.10pm</u> S5	<b>VIOLIN ENSEMBLE</b> <u>@ 1.10pm</u> S5	<b>UAI CHOIR</b> (All years) <u>@ 1pm</u> S5	<b>WOODWIND ENSEMBLE</b> <u>@1.10pm</u> S5	<b>GLEE CLUB</b> <u>@ 1.10PM</u> S5



**Ms Deller, Subject Lead Music**





## Science News



### **Rainbow Fizz**

This week we thought we would bring some colour into our lives and try out this rainbow practical. We used a boiling tube and filled it with three ingredients some HCL acid, some Alkali and Universal Indicator. Once these are mixed and inverted it creates a pH gradient along the length of the tube as they react with the universal indicator. This then creates the different colours we see, and the fizzing comes from the reaction between the acid.

*Mr Uddin and Ms Agudelo*







## **Swimming Gala**

Twelve pupils attended an inclusive swimming gala held at the prestigious Aquatic Centre in the Olympic Park on Wednesday. We were one of six schools taking part in the event organised by Panathlon Challenge. The pupils took part in a range of events including a 12.5m freestyle race, raft race and an underwater treasure hunt! The aim of the event was to be accessible to all, have fun and provide an opportunity to meet pupils from other schools. Our pupils were an absolute credit to the Academy throughout the whole day and on an individual basis demonstrated great teamwork, resilience, and determination. A huge well done to them all!!



***Mrs Gardiner,  
Assistant Headteacher***



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 guaranteed 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.





# What Children & Young People Need to Know about

# FREE VS SPEECH

# HATE SPEECH

Everyone in the UK has the right of "freedom of expression". That's the right to voice your opinions and share information and ideas with others. It's not the right to say whatever you want without regard for others' feelings and values. We all have a responsibility to use this right properly: being respectful and inclusive to those around us, rather than making offensive and threatening remarks. That's called 'hate speech' and knowing the difference is incredibly important.

Free speech is a person's legal right to share information, opinions and ideas without fear of retaliation, censorship or legal consequences. This freedom of expression is recognised in international human rights legislation, and here's what it does for us in our day-to-day lives ...

Hate speech refers to any communication – like talking, texting or posting online – that negatively targets a group or an individual because they are perceived to be different in some way. Demonic and dehumanising statements, threats, identity-based insults, offensive name-calling and slurs would all count as hate speech. Here are some common forms it takes...

The Human Rights Act 1988 states that everyone has the right to express themselves freely – even if their views are unpopular and might offend others.

Freedom of expression encourages listening to others and allowing opposing views to be heard. It's important to respect someone's opinion, even if we disagree with it. Free speech lets us engage in meaningful discussions with people who feel differently.

Targeting people or groups because of a protected characteristic – like race, gender identity, sexuality, nationality, religion or a disability – and verbally abusing them with slurs and name-calling. The Equality Act 2010 has more information on this.

Any concept could potentially offend someone. Galileo's theories were incredibly offensive to many at the time, while not everyone agrees with Darwin, even today. A frequent exchange of ideas is vitally important for a healthy society.

Content that dehumanises people based on the same characteristics: referring to them as if they were animals, objects or other non-human entities, for example. Separating the target from other human beings is usually an attempt to justify the speaker's bigotry.

Calling for violence or hatred against certain people or groups and justifying and glorifying those actions. Suggesting that a certain group should be removed from society could be seen as a call to arms, for example – potentially putting people from that group in danger.

Free speech allows us to engage people we disagree with in a debate. The ability to challenge others' views is healthy – while having ours challenged helps us learn how to deal with criticism and think deeply about what we say and believe.

Claiming that specific types of people are physically, mentally or morally inferior (or even that they are criminals) to encourage others to view them in the same way. This kind of thinking is always incorrect – but can be incredibly harmful to the group in question.

Freedom of expression includes the right not to do something, like not standing up for – or singing – the national anthem. Even though some people would find that offensive, it isn't illegal. By law, nobody can force you to say anything you don't want to.

Spreading damaging misinformation about a person or group that the speaker views as "different" – essentially, trying to turn others against them by lying. Someone might claim that a recent tragedy is the fault of this entire group, when this is simply not possible.

Free speech is a powerful tool for change, justice and reform. Many modern UK rights – such as women being allowed to vote, decent working conditions or same-sex marriage – couldn't have been achieved without it.

Promoting the segregation of certain groups, or discrimination against them, because of who they are. This has been illegal in the UK for a long time – but some people still try to promote the exclusion of others, which can cause a huge amount of distress.

## Meet Our Expert

The Global Equality Collective is an online community for homes, schools and businesses, a collective of hundreds of subject matter experts in diversity, equality and inclusion, and the organisation behind the GEC app, the world's first app for diversity, equality and inclusion.

GLOBAL  
EQUALITY  
COLLECTIVE

The  
National  
College

NOS  
National  
Online  
Safety  
#WakeUpWednesday

Source: <https://www.legislation.gov.uk/ukpga/2010/15/contents> | <https://www.legislation.gov.uk/ukpga/1998/42/schedule/1/#:text=Everyone%20has%20the%20right%20to%20freedom%20of%20expression>

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national\_online\_safety





## Careers

**MACQUARIE**  
**Work Experience Day 2024**

**Tuesday 10th April**  
**Central London**

This day-long event is for students in Year 12 who would like to meet a variety of professionals within the finance and banking industry, undertake some work experience project tasks & apply for the Macquarie scholarship programme.

Meet and network with industry professionals from across the financial industry.  
Take part in live activities.  
Undertake an industry project task to get work experience.  
Learn about the pathways available to you to get into the industry.  
Get a certificate for your CV.  
Apply for the Macquarie scholarship programme.

Macquarie is a global financial services group with participants in 35 countries. Its services include asset management, retail and business banking, wealth management, and much more.

**Apply by the 10th March 2024 by midnight!**  
Scan the QR code to apply and to find out more about the **Blue To It** Work Experience Day.

[bit.ly/3workfs](https://bit.ly/3workfs)

### Finance and Banking **Work Experience**

Macquarie Work Experience Day (**Year 12**)

Tues 10 April

Central London

Apply before 10 March 2024

This day-long event is for students in Year 12 who would like to meet a variety of professionals within the finance and banking industry, undertake some work experience project tasks & apply for the Macquarie scholarship programme.

[Apply here!](#)

**ucb**  
**UCB Insight Work Experience Day 2024**

**Thursday 14th March**  
**10:00am - 4:30pm Slough**

This day-long event is for students in Years 12 and 13 who would like to meet a variety of professionals within the biopharmaceutical, research science and chemistry sector and undertake some work experience project tasks.

Meet and network with a variety of people from across the UCB group.  
Undertake an industry project task to get work experience.  
Take part in Q&A sessions.  
Learn about the pathways available to you and about the UCB group.  
Get a certificate for your CV.

There are limited spaces for this opportunity and we will consider your online profile when shortlisting to please complete it to the best of your ability.

At UCB, they are consistently delivering on their commitment to providing the best of science living with science, innovation and immunological conditions.

**Apply by the 11th February 2024 by midnight!**  
Scan the QR code to apply and find out more about UCB by following the link.

[bit.ly/UCBW24](https://bit.ly/UCBW24) <https://www.ucb.com>

### Science and Chemistry **Work Experience**

UCB Insight Work Experience Day (**Yrs 12 &13**)

This day-long event is for students in Years 12 and 13 who would like to meet a variety of professionals within the biopharmaceutical, research science and chemistry sector and undertake some work experience project tasks.

[Apply here!](#)

**LSE**  
**Introduction to Pathways Conference**  
10.45am-2.30pm, Saturday 6 April 2024

A virtual event for Year 11 students who are interested in our LSE Pathways to Law and Pathways to Banking and Finance programmes.

**Conference Aims**

- Take part in a variety of activities.
- Get advice from current LSE undergraduate students.
- Discover the LSE Pathways programmes, that you can apply to in Year 12 and 13.
- Meet other students from across London.

**Application deadline:** 8:00am on Wednesday 28 February 2024

**Apply online:** Search for 'LSE Introduction to Pathways'

**Contact:** [we@pathways@lse.ac.uk](mailto:we@pathways@lse.ac.uk)

**THE SUTTON TRUST**

### Introduction to Pathways Conference

Applications for the **Introduction to Pathways Conference** are now open! Eligible students in **Year 11** at your institution are invited to apply. The conference is a **virtual event** that will run on **Saturday 6 April 2024** between 10.45am-2.30pm.

#### Conference Aims

This conference gives students the opportunity to spend time exploring higher education and finding out more about both law and finance related degrees. Staff and current LSE undergraduates work with students to explore these social science disciplines and share their experiences of university life. Students



will also find out about the full Pathways Programmes and will be encouraged to apply when they reach Year 12.

Our 2024 Introduction to Pathways conference will include:

- Interactive, academic taster sessions run by the LSE Law School and LSE Finance academics
- Advice on completing university applications, and how students can start preparing now, from our Admissions Specialist
- Development of transferable skills for future studies and careers
- The opportunity to take part in a Q&A panel discussion with current LSE undergraduate students

### **Application Information**

To be eligible for this conference, students must fulfil the following criteria:

- Attend, and have always attended, a state-funded, non fee-paying school/college
- Currently be in Year 11
- Live within a reasonable commuting distance (~90 minutes) from LSE

**Eligible students should apply online now at <https://bit.ly/IntrotoPathways>.**

The deadline to apply is **9:00am, Wednesday 28 February 2024**.

---

## **Apprenticeships**



### **Sixth form/College leaver Apprenticeships available across the UK**

Marsh McLennan is the world's leading professional services firm in the areas of risk, strategy and people.

We offer our clients services such as:

- Insurance Brokerage
- Risk Management
- Reinsurance Services and many more!

Our 83,000 colleagues advise clients in 130 countries. With annual revenue of over \$20 billion, we help corporate and public sector leaders navigate an increasingly dynamic environment through four market-leading businesses - Marsh, Guy Carpenter, Mercer and Oliver Wyman. Together, we address the most complex challenges of our time.

Are you a student looking to explore opportunities that will allow you to grow within an organisation that provides limitless opportunity?

**[Apply now to join us in 2024!](#)**

Individuality.  
Curiosity.  
Possibility.

IBM

## **IBM Apprenticeships – Accepting Applications Soon!**

New year means new opportunities at IBM! We will soon be opening applications for many of our apprenticeship schemes. We will be hiring for both degree and regular apprenticeships and will be accepting applications during National Apprenticeship Week (6th – 12<sup>th</sup> of February 2023).

- Opening Monday 5<sup>th</sup> of February 2024 - Level 4 Junior Management Consultant, DevOps and Test
- Opening Thursday 8<sup>th</sup> of February 2024 (open for one day only) – Level 6 Digital and Technology Solutions Degree

### **Why Work at IBM?**

At IBM, work is more than a job—it's a calling. To build. To design. To code. To consult. To think along with clients and sell. To make markets. To invent. To collaborate. Not just to do something better, but to attempt things you've never thought possible. To lead in this new era of technology and solve some of the world's most challenging problems.

**Register your interest now to be notified as soon as our roles open for applications!**

[Register your interest](#)



### **BP (British Petroleum) Apprenticeships:**

A global energy company, BP operates in exploration, production, refining, and distribution. Their diverse apprenticeship opportunities cover fields like engineering, technology, and business management.

- Key Features:
  - Program Duration: Apprenticeship programs last between 2 and 4 years.
  - Salary Range: Competitive salary ranging from £19,600 to £24,100\*.
  - Sign-On Bonus: Enjoy a sign-on bonus starting from £3000.
- Wellbeing Allowance: Receive a £1500 wellbeing allowance.
- Flexible Benefits: Access 20% of the base salary in flexible benefits.
- Annual Leave: Generous 28 days of annual leave.
- Wellbeing Days: Additional 2 wellbeing days.



- Supportive Environment: Benefit from a supportive network with buddies and mentors.
- Clubs and Societies: Engage in various clubs and societies for a well-rounded experience.

[Find Out More!](#)



## **GSK (GlaxoSmithKline) Apprenticeships:**

As a major pharmaceutical and healthcare company with a global presence, GSK provides apprenticeship opportunities in science, manufacturing, and business roles, offering a unique chance to contribute to healthcare advancements.

Key Features:

- **Industry-Expert Learning:** Apprenticeships at GSK provide a smart alternative route for students, allowing them to start their career by learning from industry experts from day one.
- **Hands-On Experience:** Gain hands-on experience working with a world-class business, taking on more responsibility early on.
- **Explore your strengths and interests** by choosing the area of GSK's business where you'd like to start your apprenticeship and play a crucial role in contributing to the company's success.
- **Academic and Industry-Accredited Qualifications:** Study towards academic and industry-accredited qualifications while reaching your career goals.
- **Tailored Programs:** GSK's apprentice programs are ideal for school leavers interested in science, engineering, manufacturing, or business operations in a global company.

**Active Role in Achieving Goals:** Regardless of the chosen team, apprentices play an active role in helping GSK achieve its business goals. [Find Out More!](#)



## **The Dyson Institute Apprenticeships:**

The Dyson Institute offers an innovative, four-year integrated MEng\* Engineering degree program, founded by Dyson, a leading technology company. This unique apprenticeship opportunity combines academic learning with hands-on experience, allowing you to practically apply your knowledge to real engineering challenges at Dyson's technology campus in Malmesbury, Wiltshire.

Key Features:

- Earn a degree without tuition fees while starting with a salary of £22,000.
- Learn from specialized academics and Dyson engineers in world-leading facilities.
- Benefit from employer-sponsored education, gaining a comprehensive education in engineering.
- Navigate an accelerated Dyson career through individual progression pathways designed for future leaders.

- Access on-site student support services to thrive as an Undergraduate Engineer.

Your journey at The Dyson Institute is more than just a degree; it's the start of a dynamic and accelerated Dyson career, equipping you with the skills to drive innovation and engineering globally.

[Find Out More!](#)



**HSBC**

### **HSBC Technology Apprenticeships Programme:**

As one of the world's largest banking and financial services organizations, HSBC offers apprenticeship opportunities in banking, finance, and technology, providing individuals with insight into the dynamic world of finance.

Key Features:

- **Program Focus:** The UK Technology Apprenticeship Programme is tailored for students seeking practical experience and skills for a successful career in technology.
- **Duration:** Applications open on 8 January 2024, closing on 31 March 2024, with the program starting in October 2024.
- **Academic Component:** Spend 20% of your time studying towards a Digital Technology Solutions Professional Degree Apprenticeship (BSc).
- **Practical Experience:** Devote the remaining 80% of your time developing professional and technical skills in HSBC's technology teams.
- **Career Progression:** Progress from gaining foundational skills and certifications to a specialized role based on your abilities, interests, and organizational needs.
- **Support System:** Throughout the three-year apprenticeship, benefit from mentorship, buddies, and a supportive community of fellow apprentices.

Join HSBC's Technology Apprenticeship Programme to embark on a transformative journey, blending academic learning with hands-on experience in the dynamic field of technology.

[Find Out More!](#)



### **Pfizer Apprenticeships:**

Pfizer proudly supports the National Apprenticeship Programme, offering meaningful opportunities for individuals to contribute to life-changing treatments worldwide. Working at Pfizer means aligning with a company that values equity, excellence, and a healthy work-life balance, fostering a collaborative environment that supports your ideas and professional growth.

Key Features:



- **Dedication to Health and Well-being:** Pfizer, a renowned pharmaceutical company, is dedicated to improving global health and well-being.
- **Exposure to Innovation:** Apprenticeships at Pfizer provide exposure to cutting-edge research, development, and innovation in the pharmaceutical industry.
- **Diverse Disciplines:** Apprenticeship schemes range from level 2 to level 7, lasting between 12 months and five years, covering various disciplines such as engineering, laboratory science, human resources, finance, legal, marketing, and more.
- **Tailored Duration:** Choose from apprenticeships that fit your goals and aspirations, with durations ranging from 12 months to five years.

If you're seeking an apprenticeship that truly matters, Pfizer offers a diverse range of opportunities to grow and contribute to impactful healthcare solutions. [Find Out More!](#)



## Apprenticeship of the Week

How to become an engineering apprentice: Jade's story.  
Find out about Jade's story [here](#)

**Ms Finlay, Careers Coordinator**



**Redbridge Notice**

### New Year, New Challenge

I will save more money. I will eat more healthily. Why not make a new year's resolution which will change a life? Over 300 children are unable to stay with their families in Redbridge each year and need a secure, stable and nurturing home.

If you have a place in your heart and home and are considering fostering, please call 0208 708 6068 or email [fostering@redbridge.gov.uk](mailto:fostering@redbridge.gov.uk) for more information or visit <https://www.redbridge.gov.uk/fosteringschools> to book onto our next Virtual Information Session.

We can't wait to hear from you!





## Extra-Curricular Activities

Day	Activity	Time	Room	Year
<b>EVERY DAY</b>	Rise & Shine Biology Time! : LMB	7.45 -8.30a.m.	G7	Year 11
<b>MONDAY</b>				
<b>BREAKTIME</b>	Music Practice (Invitation only): SDE	10.40 – 11.00am	S5	Years 7-11
<b>LUNCHTIME</b>	Music Practice (Invitation only): SDE	12.40 – 1.10pm	S5	Years 7-11
	Guitar Ensemble: SDE	1.10 – 1.40pm	S5	Years 7-11
	Indoor Rowing: JMA/CHB	12.40 – 1.10p.m.	Gym	All Years
<b>AFTER SCHOOL</b>	Library Club: CFI	3.20 – 4.30pm	Library	Years 7-13
	Netball Club: JMA	3.30 – 4.30p.m.	Playground/Gym	Years 7-8
<b>TUESDAY</b>				
<b>BREAKTIME</b>	Music Practice (Invitation only): SDE	10.40 – 11.00am	S5	Years 7-11
<b>LUNCHTIME</b>	Music Composition Club: SDE	12.40 – 1.10pm	S5	Years 9 - 10
	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
<b>AFTER SCHOOL</b>	Subject Champions: RBA	3.30 – 4.30pm	G15	Years 12-13
	Library Club: CFI	3.20 – 4.30pm	Library	Years 7-13
	Netball Club: SFR	3.30 – 4.30p.m.	Playground/Gym	Years 9 - 13
	Humanities Revision Club: EDO/HMA/HCO	3.30 – 4.30p.m.	G3	Year 11
<b>WEDNESDAY</b>				
<b>BREAKTIME</b>	Ukulele Group: DEA	10.40 – 11.00a.m.	S5	Years 7-8
<b>LUNCHTIME</b>	Music Practice (Invitation only): SDE	12.40 – 1.00p.m.	S5	Years 7-11
	UAI Choir: SDE	1.00 – 1.40p.m.	S5	Years 7-11
	Mindfulness and Wellbeing: NKA	12.40 – 1.10p.m.	G9	Years 12-13
	Indoor Athletics: JMA	12.40 – 1.10p.m.	Gym	Years 7-8
	French Speaking Club: LGR	12.40 – 1.10p.m.	G6	Year 11
	Spanish Speaking Club: SCL	12.40 – 1.10p.m.	G5	Year 11
	SEN Science Club: MUD	12.40 – 1.10p.m.	G11	Year 8
	Islamic Society: AAH	1.05 – 1.30p.m.	F8	All Years
<b>AFTER SCHOOL</b>	DT Catch Up: AKO	3.30 – 4.30p.m.	G12	Year 11
	Football Club: LBU/DOK	3.30 – 4.30p.m.	Playground/Gym	All Years
	Peer Mentor: NKA/RBA/HCO/SFR	3.30 – 4.30p.m.	G15	Years 7-13
	Library Club: CFI	3.20 – 4.30p.m.	Library	Years 7-13
<b>THURSDAY</b>				
<b>BREAKTIME</b>	Music Practice (Invitation only): SDE	10.40 – 11.00a.m.	S5	Years 7-11
<b>LUNCHTIME</b>	Worship Band: SDE	12.40 – 1.10p.m.	S5	Years 7-11
	Woodwind Ensemble: SDE	1.10 – 1.40p.m.	S5	Years 7-11
	Art Club: RBU	12.40 – 1.40p.m.	S2	Years 7-13
	Knitting Club: HMA & Mrs Mackie	12.40 – 1.40p.m.	F18	Years 7-11
	Charity and Enterprise: LBU	12.40 – 1.10p.m.	F10	Years 12-13
	Sports Ambassadors: SFR	12.40 – 1.10p.m.	Dance Studio	Years 12-13
<b>Fortnightly</b>	African Caribbean Society: TKA/SFR/NKA	1.10 – 1.40p.m.	S6	All Years
<b>Fortnightly</b>	ECO Club: HCO/JMC	12.40 – 1.00p.m.	G3	Years 7-8
<b>AFTER SCHOOL</b>	Library Club: CFI	3.20 – 4.30p.m.	Library	Years 7-13
<b>FRIDAY</b>				
<b>BREAKTIME</b>	Music Practice (Invitation only): SDE	10.40 – 11.00a.m.	S5	Years 7-11
<b>LUNCHTIME</b>	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
<b>AFTER SCHOOL</b>	Library Club: CFI	3.20 – 4.30p.m.	Library	Years 7-13
	Running Club: JMA	3.30 – 4.30p.m.	Playground/Gym	All Years