



# Ursuline Academy Ilford

Weekly News – 2023/2024 Issue 21  
23rd February 2024



## Upcoming Events

**Year 7 Progress Meeting**  
Wednesday 28 February  
4.30 – 7.00p.m.

**Year 9 Progress Meeting + Options Information**  
Thursday 7 March  
4.30 – 7.00p.m.

**Year 8 Progress Meeting**  
Monday 22 April  
4.30 – 7.00p.m.

**Parent Coffee Morning 3**  
Wednesday 22 May 2024  
9.00 – 10.00a.m.

**Art, Music & Drama Exhibition**  
Wednesday 26 June 2024  
4.00 – 6.00p.m.

**Year 6/7 New Entrants' Meeting**  
Wednesday 26 June 2024  
6.00 – 7.00p.m.

**Year 11 Prom**  
Thursday 27 June 2024  
7.00 – 11.00p.m.



## Headteacher's Headlines

Dear Parents/Guardians,

Spring is *almost* in the air as we return for the second half of the academic year. On Monday at our INSET day Academy staff spent time considering the progress we have made towards our strategic aims. It was a very uplifting day thinking about all the wonderful projects we have carried out and the progress we are making in providing an exceptional education for your daughters!

We are looking forward to meeting Year 7 parents and carers on Wednesday 28th, see the side panel for other upcoming dates and events.

Last week we began the season of Lent; you will see information from Mr. McGhee our Head of RE and Ms Semambo, acting Chaplain about all the things we are doing to celebrate this season of prayer, fasting and acts of charity.

Finally, we have had concerns raised about parking on Moreland Road at the end of the school day, please be considerate of our students' safety and the parking restriction in place.

Thank you for your continued support!

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



## Newsletter Contents this week:

Chaplaincy News Pages 2-6

Drama News, Pages 6-7

International Mother Language Day, Page 8

Library News, Page 9

Maths News, Page 10

MFL News, Page 11

Music News, Page 12

Science News, Page 12

Theatre Appreciation Society, Page 13

World Book Day, Page 13

Free School Meals, Page 14

Careers, Page 15

Extra-Curricular Clubs, Page 16

Supporting Children with Self-Regulation, Page 17



### Chaplaincy News

Pope Francis@Pontifex –18th February 2024

War is always a defeat. Wherever fighting occurs, people are exhausted. Let us #PrayTogether tirelessly, because prayer is effective. May we ask the Lord for the gift of minds and hearts dedicated concretely to #Peace.

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

#### February: Esteem

23rd February: Strive to act solely out of the sole love of God.

24th February: Encourage them to go forward willingly.

25th February: Let them hold this as most certain: that they will never be abandoned in their needs.

26th February: In time of great need, true friendship is recognised.

27th February: If you see one faint-hearted, lift her heart.

28th February: Loving each other and living in harmony together are a sure sign that we are walking the good path.

29th February: We will cross through this momentary life with consolation.





## Chaplaincy News

### **Ursuline Student profile: the value of listening attentively.**

“Ears are attentive to wisdom and turning your love to understanding” (Proverbs 2:2)

Attentiveness is recognising the value of other people and giving them listening ears, respect, courtesy and total concentration. This means paying attention to others needs, just as much as our own and being genuine in our response to God’s call in helping others.

We all yearn for someone to listen to us and we want our voice to be heard. Even when it is difficult for us to express our feelings and emotions through words we rely on others to communicate with us in different ways. When this does not happen, people believe that they are not cared for or loved.

Relationships are built on listening- both to God’s word and to each other. We must mirror Jesus actions and attitudes towards others especially strangers in our daily lives. Asking questions and actively listening to their concerns, opinion and needs. Without the support system of showing our attentiveness to the wants and needs of others around us, our society, community and Church will all be limp and lifeless.

Taking the time to stop and listen, communicates volumes in terms of the value we place on people. Throughout the Bible we are shown examples of people who listened attentively to the needs of God and others and likewise those who blatantly refuse. The Prophets in the Old Testament dedicated their service to preaching to a somewhat disengaged crowd who questioned their teaching. Similarly, in the New Testament when Jesus spoke in his parables he told the people “listen then... he who has ears let him hear” (Matthew 11:15). Jesus knew that the majority of the crowd were disconnected and confused with what he was saying- using metaphors and symbols to teach them about God. However, it took just one person to listen attentively to his words and understand for the message to bring change to the society. We pray that leaders will listen to the cry of the poor, the downtrodden and those suffering in conflict.

We too must listen. Listening and being attentive will challenge us and demand focus but once we do, we will create marvellous things to our own lives and those in our society.  
SERVIAM !

**Mr McGhee. Extended Leadership and Head of Religious Education.**





# Chaplaincy News Continued...

## February 13: Shrove Tuesday.

**Shrove Tuesday**, also known as '**Shrove Tuesday**', is a Christian festival celebrated in many Countries across the globe. It falls on the Tuesday before the beginning of Lent. The exact date of Shrove Tuesday changes, but it is always 47 days before Easter Sunday. The name comes from the old word '**shriving**', which means to listen to someone's sins and forgive them. In **Anglo-Saxon England**, Christians would go to church on Shrove Tuesday to confess their sins and clean their soul. In other words, they would be '**shriven**'. In the **United Kingdom Ireland, Australia and Canada**, Shrove Tuesday has another name... **Pancake Day!** Traditionally during Lent, Christians would give up rich, tasty foods such as butter, eggs, sugar and fat. *Many Christians continue to do so, in fact.* Shrove Tuesday was the last chance to eat them – and what better way to do so than with a delicious pancake!

**SHROVE TUESDAY**

"Shrove" is the past tense of the word "shrive," which means to hear a confession, assign penance, and absolve from sin. Shrove Tuesday is a reminder that we are entering a season of penance.

**FAT TUESDAY**

A day of feasting before the fasting season of Lent begins on Ash Wednesday. Feast, for tomorrow we fast!

Catholic

**Shrove Tuesday**

OTHER NAMES:  
Mardi Gras  
Fat Tuesday  
Pancake Day

COURTESY: GREGORIOUSCHRISTIANFEATHER.COM

## The Ursuline Academy Ilford CHAPLAINCY NOTICES: FEBRUARY



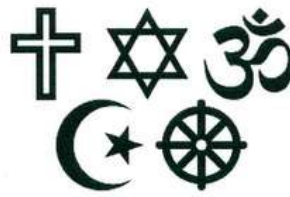
February, the second Month of the year is filled with days of Religious, Spiritual and National significance.



### February days of Religious Significance

**February 2 – Candlemass:** We remember the presentation of our Lord in the Temple. Jesus was consecrated to God. We remember that he is the light of the world.

**February 14 – St Valentines Day:** The day is named after a Christian martyr Saint Valentine and is celebrates Romantic Love.



**THE COLORS OF MARDI GRAS AND THEIR MEANINGS**

Green = Faith  
Gold = Power  
Purple = Justice

Learn more on Always the Holidays

## February 12: Ash Wednesday.

**Ash Wednesday** is a holy day of prayer and fasting in the Western Christian denominations. Ash Wednesday is preceded by **Shrove Tuesday** and marks the first day of **Lent**, the six weeks of **penitence** before **Easter**.

Ash Wednesday is traditionally observed with **fasting** and **abstinence** from meat in several Christian denominations. As it is the first day of Lent, many Christians begin **Ash Wednesday** by marking a **Lenten calendar**, praying a Lenten **daily devotional**, and making a **Lenten sacrifice** that they will not partake of until the arrival of **Easter**

Many Christians attend special Ash Wednesday church services, at which churchgoers receive Ash on their foreheads. **Ash Wednesday** derives its name from this practice, in which the placement of ashes is accompanied by the words, "**Repent, and believe in the Gospel**" or the dictum "**Remember that you are dust, and to dust you shall return.**"

The ashes are prepared by burning **Palm leaves** from the previous

**part 1**

**ASH Wednesday**  
The Beginning Of Lent

**Why use ashes**

Since the Old Testament, ashes have been a symbol of repentance. Imposing it upon the faithful's forehead is a reminder and an invitation to repent, and follow God

**WHAT IS ASH WEDNESDAY**

Ash Wednesday is the first day of lent. Palm branches blessed on Palm Sunday of the previous year are burned to create ashes, which will be imposed on the faithful's foreheads

**What is Lent**

The 40-day period from Ash Wednesday and before Easter Sunday. It is marked by praying, fasting, abstinence, and other acts of penance

**What is Fasting**

One meal a day, and two smaller meals which if added together would not exceed one full meal

Source: Code of Canon Law

STARILLUSTRATED

www.the-star.com









## Mardi Gras.

In Latin Countries **Shrove Tuesday/Pancake Day** is commonly known as **Mardi Gras** which literally means 'Fat Tuesday'. Also known as **Carnival** or **Carnaval**, it's celebrated in many countries around the world—mainly those with large Roman Catholic populations—on the day before Lent Begins. It is celebrated with huge bright and colourful parades, Fancy dress and masks 'Merry-making' and celebration before the solemn season of Lent begins.



## Chaplaincy News Continued...

# Lenten Countdown Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Ash Wednesday 	Talk with your children about giving something up for Lent and why sacrifice is important.	Decide with your family what to give up for Lent - social media, eating out, etc.	Sacrifice your time by helping someone even if you are busy. A neighbor, friend, grandparent, etc.
First Sunday of Lent 	Start your day with family Bible time and prayer.	Pray for your siblings and ask God to help you show kindness to them when it's hard.	If you have young children, read the book " <u>Don't Forget to Remember</u> " by Ellie Holcomb	Decorate a small box for "almsgiving" and put in money to donate to a deserving person.	Bake some treats for someone special.	Deliver the treats you made the day before!
Second Sunday of Lent 	Start your day with family Bible time and prayer.	"Honor God with your body" by doing something healthy with your family!	Make a coin-covered cross (link in post or <a href="#">HERE</a> )	Make a list of what you are grateful for today and have each family member do it too!	Pray for your pastor and other ministry team members at your church.	Watch a Christian movie together as a family.
Third Sunday of Lent 	Start your day with family Bible time and prayer.	Pray for a friend who is going through a hard time and send them a note of encouragement.	Do a random act of kindness for someone who wouldn't expect it.	Share one thing you love or appreciate about each of your family members.	Make Prayer Pretzels (recipe link in post or <a href="#">HERE</a> )	Print out, color and sign <a href="#">Easter cards</a> to send in the mail to family and friends!
Fourth Sunday of Lent 	Start your day with family Bible time and prayer.	Ask the Holy Spirit to change you and help you to follow Christ. Read John 14:23-31 together.	Clean up a mess without being asked.	Donate some gently loved items that you no longer need	Listen to Christian music together or sing a song about Jesus with your kids!	Take prayer requests from and pray for each member of your family.
Fifth Sunday of Lent 	Start your day with family Bible time and prayer.	Call or FaceTime a loved one who you won't be able to see at Easter.	Sacrifice by giving up screen time for the entire day and do something fun as a family instead.	Make a Lamb of God craft (instructions in the post or <a href="#">HERE</a> )	Write a note to someone who has helped you grow in your faith to say thank you for their example!	Help with a chore that you don't like to do as an act of service to your family.
Palm Sunday Wave palm branches or similar and shout "Hosanna!" 	Compliment someone who isn't expecting it, following the example of Christ in Phil. 2:3-4	Make a crown of thorns craft (link in blog post or <a href="#">HERE</a> ).	Send or deliver the money in your almsgiving box to its recipient.	Maunder Thursday Go to a communion service at a church.	Good Friday Read about Jesus' death in Luke 23:26-42 as a family.	Holy Saturday Dye eggs together and talk about how Jesus brings us new life!

thepurposeofhumans.com 2023

**Resurrection Sunday! He is Risen! He is Risen Indeed!**



## Chaplaincy News Continued...

# Mission Together Lenten Calendar 2024



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
We will soon begin our Lenten journey to Easter. We pray that we may use this time to grow in love of God and each other.	<b>13 Shrove Tuesday.</b> Find out why we eat pancakes today. *	<b>14 Ash Wednesday</b> Why are ash crosses traced on our forehead today? *	<b>15 Why does Lent last forty days? *</b>	<b>16 With your class, reflect and pray with the 1st and 2nd Stations of the Cross. +</b>	<b>17 Many years ago Lent was a name for Spring. Capture both in Mission Together's Lent through a Lens challenge. *</b>	<b>18 Find a quiet place and ask God to help you pray and share more this Lent.</b>
<b>19 Yesterday's Sunday Gospel was Mk 1:12-15.</b> What does it encourage us to do this week? +	<b>20 In Lent we give things up to put God and others first. What could you give up today?</b>	<b>21 Jesus showed us how to be silent and still. Spend a minute being both now.</b>	<b>22 Find out what the word 'sacrifice' means and why we practice this in Lent.</b>	<b>23 With your class reflect and pray with the 3rd &amp; 4th Stations of the Cross. +</b>	<b>24 Tell your family about the Stations of the Cross and why we pray them in Lent.</b>	<b>25 Find a quiet place and spend a little time talking to Jesus, our God and our friend.</b>
<b>26 Yesterday's Sunday Gospel was Mk 9:2-10.</b> What does it encourage us to do this week? +	<b>27 In Lent we listen to God and others more carefully. How can you listen well this week? *</b>	<b>28 Hear God speak to you today through: Creation The Bible Loved ones</b>	<b>29 In Lent we try to change our ways for the better. What could you change today?</b>	<b>1 MARCH Feast of St David. Find out what 'Dydd Gwyl Dewi Sant Hapus' means. *</b>	<b>2 Tell a family member three things you have learnt about Lent this week.</b>	<b>3 Find a quiet place and pray the Our Father for all hungry children in the world.</b>
<b>4 Yesterday's Sunday Gospel was Jn 2:13-22</b> What does it encourage us to do this week? +	<b>5 Jesus taught us to be fair. How can we act with fairness today?</b>	<b>6 In Lent we give what we can to help others. What help can you give today?</b>	<b>7 Lent is a time to share more of what we have. Why is sharing important?</b>	<b>8 With your class reflect and pray with the 7th &amp; 8th Stations of the Cross. +</b>	<b>9 Tell a family member why we pray more in Lent. Teach them your favourite prayer.</b>	<b>10 Mothering Sunday</b> Ask God to bless mums and grandmas today.
<b>11 Yesterday's Sunday Gospel was Jn 3:14-16.</b> What does it teach us about who Jesus is? +	<b>12 In Lent we reflect on God's mercy. Why is it important to be sorry and to forgive?</b>	<b>13 Write a Lent prayer. Include the words: mercy, pray, share, Jesus, God, Holy Spirit.</b>	<b>14 Say a Hail Mary for those who help people heal: carers, therapists, nurses, doctors.</b>	<b>15 With your class reflect and pray with the 9th, 10th 11th Stations of the Cross. +</b>	<b>16 Lent is a time to say sorry and forgive. Ask God to help you and your family do both.</b>	<b>17 Today we recall St Patrick. Find out why he is patron of Ireland. *</b>
<b>18 Yesterday's Sunday Gospel was Jn 12:20-24.</b> What does it teach us about what Jesus offers? +	<b>19 In Lent we pray and share to help those in need. Who shall we help today?</b>	<b>20 Say the Our Father for farmers and for those who make the food we'll eat today.</b>	<b>21 We're coming closer to Holy Week. Why is it the most special week of the Church year?</b>	<b>22 With your class reflect and pray with the 12th, 13th and 14th Stations of the Cross. +</b>	<b>23 Tomorrow is Palm Sunday. Tell a family member about the first Palm Sunday.</b>	<b>24 Palm Sunday</b> Find a quiet place and thank God for sending Jesus to love and guide us.
<b>25 Yesterday's Palm Sunday Gospel was Mk 11:1-10.</b> What does it teach us about who Jesus is? +	<b>26 Holy Week Today we recall Judas' bad decision. Ask God to help you make good choices this week.</b>	<b>27 Today Jesus and his disciples planned the Last Supper. Thank God for the food you'll eat today.</b>	<b>28 Maundy Thursday</b> Why do Priests wash the feet of others at Mass tonight?	<b>29 Good Friday</b> Sit quietly, be still, and thank Jesus for loving us all so much.	<b>30 Holy Saturday</b> Today we wait as Jesus lies in the tomb. Say a prayer for those who are grieving today.	<b>31 Easter Sunday</b>

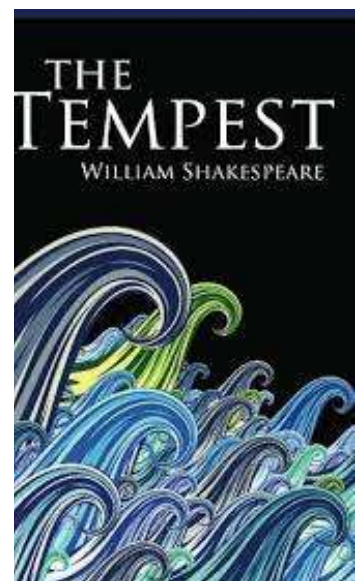
Calendar symbols: + refers to scriptures and reflections found in our Mission Together Celebrations of the Word, also to our Stations of the Cross. The \* symbol refers to Lenten activities or Five Fact Saints Assemblies. These and additional Lent resources are available at [missiontogether.org.uk/Lent](http://missiontogether.org.uk/Lent) Registered Charity No. 1056651



## Drama News

On Monday 4th March a fantastic cast of students will be performing *The Tempest* by William Shakespeare at the Kenneth More Theatre. The performance will start at 7pm. please see the link on the notice below for ordering your tickets for the show. The students have been working very hard on the production and would love to see familiar faces supporting them in the audience!

**Ms Milne, Subject Lead, Drama**



## YOUR SPRING 2024 BOX OFFICE GUIDE FOR THE KENNETH MORE THEATRE

The box office opens on Thursday 18<sup>th</sup> January. Tickets will be on sale until your performance day.

You can buy tickets directly from the theatre. Their contact details are below:

Phone: 020 8708 8800

Website: <https://visionrcl.org.uk/event/coram-shakespeare-schools-festival/>

You can either bulk buy a block of tickets to sell to your school community, or encourage your audience members to purchase tickets from the theatre themselves.

### TICKET PRICES

Adult: £9.95

Concessions: £8.50

Group (20+ tickets): £7.50

N.B. This is CSSF's standard pricing; theatres may add booking fees or levies to tickets. Check their website for details.

There are a total of 330 seats available for purchase at the Kenneth More Theatre. We recommend at least two per cast/crew member, so around 70 – 80 tickets per school is a good guideline.

**You don't need to buy tickets for your company and chaperones.** We have reserved complimentary seats at the back of the auditorium for all school companies to watch the part of the evening in which they are not performing.

**We also offer your Head Teacher a complimentary ticket.** We will always keep a ticket for them to be collected at the box office under your school name; we'll also email them an invitation about two weeks before your performance night.

If you have any questions about ticket sales for your performance night please email your coordinator or call CSSF HQ on **0207 601 1800**.



@SSF\_UK  
[www.shakespeareschools.org](http://www.shakespeareschools.org)



## International Mother Language Day

This week we have been celebrating International Mother Language Day with year group assemblies and a language workshop in G6.

Ursuline is a school full of multilingual speakers and this is something we think deserves celebrating. In our workshop, some of our Tamil, Ukrainian and Italian speakers taught other students about their languages and how to say certain phrases. We played music, invited students to write about themselves in their own languages, as well as our workshop leaders' languages, and Mr Vijay even brought in some Sri Lankan sweets in line with the learning about Tamil!

Thank you so much to the girls who helped:

***Vira Hibliak***

***Alina Prynkevych***

***Shalome Sutharsan***

***Shanjirra Suresh***

***Ibtida Khan***

***Anisha Khan***



***Mr Burt, E A L Coordinator***





## Library News



### **Waterstones Children's Book Prize 2024**

The shortlist for this year's prestigious Waterstones Children's Book Prize has been announced. The award highlights the best new talent in children's writing and illustration, as chosen by Waterstones booksellers.

### **Young Adult Reads**

Promise Boys by Nick Brooks (Macmillan)

What the World Doesn't See by Mel Darbon (Usborne Publishing)

Girl, Goddess, Queen by Bea Fitzgerald (Penguin)

Thieves' Gambit by Kayvion Lewis (Simon & Schuster Children's UK)

You Think You Know Me by Ayaan Mohamud (Usborne Publishing)

Friendship Never Ends by Alexandra Sheppard (Knights Of)



March is a busy month in the literacy calendar with opportunities to celebrate reading and writing across a range of genres, from poetry to non-fiction. With World Book Day, British Science Week, Shakespeare Week and World Poetry Day all coming up, there is something for almost every week of the month! Plus don't forget Empathy Week next week and LGBTQ+ month continues in Feb. Our school library has several books and resources to acknowledge these events so do please encourage your daughters to visit.



**Ms Finlay, Librarian**



## **Maths News**

### **Intermediate Maths Challenge**

The UK Maths trust (UKMT) is a leading charity that advances the education of young people in mathematics. We had 83 year 10 students take part in the UKMT Intermediate Challenge on 31st January 2024.

UKMT intermediate challenge is aimed at key stage 4 students in Year 11 and below, the challenge is designed to challenge and engage students in mathematics. The Year 10 students took part in a 60-minute, 25 multiple choice challenge. Encouraging mathematical reasoning, precision of thought and fluency to make students think. The problems on the Intermediate challenge are designed to make students think, most are accessible for KS4 students but are still a challenge for even more experienced mathematicians!

I am pleased to announce the following award winners:

#### **Silver Award winners**

Ghathunaa Athavan, Nana Bawuah, Zhiyi Chen, Anisa Hasan, Jasmine Kaur, Aksaya Raveendran, Shanjirra Suresh

With Nana awarded the best in school certificate!

#### **Bronze Award winners**

Eshal Abbas, Unaza Ahmed, Layli Ali, Samia Baichoo, Sarah Basrah, Linh Dinh, Nevaeh Eugene, Tazmina Haleem, Hafsa Islam Akter, Alisha Kayani, Hiruthayani Maheswaran, Mushira Majeed, Rameen Malik, Shenaya Hewa, Kisaa Naqvi, Chinaamezu Oguchi, Zaara Oomerjee, Aksiga Sivarubavel, Asmithaa Sribavaan

All other students received a certificate of participation. I would like to congratulate all students for taking part, they showed great determination and resilience.

***Mr S. Deen, Head of Mathematics***





# MFL NEWS

## Year 8 Pop up Cards 'Ma Zone' (My area)

French students from 8C and 8J combined what they learned in French and DT to create beautiful pop-up cards on 'Describe the area I live in' topic. Here are some of their amazing creations. Bravo!

**Ms Grassi, MFL Leader**



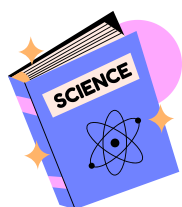


## Music News

### **New Vocal Group for Upper School**

We are starting up a new Vocal Group for Years 9 and above. We will start rehearsing at breaktime (10.40-10.55am) on Wednesday 28th February (next week) in Practice Room 3 in the Music Department. Please come along if you're interested.

See **Ms Deller** for any further information.



## Science News

### **Cleaning the pennies**

This week we took cleaning to another level and decided to find the best way to clean our old coins. The best method as you can see from the before and after picture here was to use Vinegar (Ethanoic Acid) and salt (Sodium Chloride).

The dirty coin was placed inside the vinegar and salt and stirred for about 1 minute and then the reaction between them was strong enough to wipe the coin clean. The chemical reaction between them creates sodium acetate and hydrogen. The bubbles of hydrogen can be seen as the reaction works to clean the coin.

**Mr Uddin and Ms Agudelo**





## **Theatre Appreciation Society Trip – A Level Arts students trip to ‘Hamilton’**

### **Calling all A Level Arts students!**

Tickets are now available to attend a performance of ‘Hamilton’ on Thursday 18th April @ 2pm, showing at the Victoria Palace Theatre in central London. Tickets cost £25 per person, an amazing price considering the popularity of the show. Interested students need to come to see Ms Cooper, Ms Mackie or Mr Irwin ASAP to pick up a letter to secure their place and will then need to make payment via ParentPay or directly to the Finance Office.



‘Hamilton’ is the story of America’s Founding Father, Alexander Hamilton, an immigrant from the West Indies who became George Washington’s right-hand man during the Revolutionary War and helped shape the very foundations of the America we know today. The score blends hip-hop, jazz, blues, rap, R&B and Broadway – the story of America then, as told by America now.

Tickets will be allocated on a first come, first served basis so make sure to get your letters and payment in ASAP to secure your place – these are going to go quickly!



## **World Book Day – Thursday 7th March**

Get ready for this year’s World Book Day which will be celebrated on Thursday 7th March!

This year we’d like the celebrations to be even bigger and better so we are encouraging all students and staff to take part by dressing up as a character from a book they love. It’s up to you what character you come but there will once again be prizes for best costumes so try to be original! Also remember to make sure that your character is actually from a book, not just a film or TV show as the day is meant to celebrate books and reading...

On the day there will be different book themed activities to take part in so keep an eye out for further messages as we get closer to the big day!

***Ms Cooper, Head of English / Extended SLT***

## **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](http://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.





## Careers



### Is an apprenticeship right for you?

Becoming an apprentice is a great way to start a new career or get ahead in your current one. Find out if an apprenticeship is right for you.

[Browse apprenticeships before you apply](#)

#### Apprenticeship Opportunities with Costain

Our apprenticeship programmes offer you the opportunity to continue your formal academic studies working towards a recognised qualification, whilst working alongside highly skilled people all eager to help you develop and grow into the discipline of your choice.



#### Why choose an apprenticeship with Costain?

- A structured development programme, including academic study and on the job experience, leading to a certificated recognised apprenticeship.
- Support to achieve professional membership of a relevant institution.
- Work opportunities in a diverse range of market sectors and locations.
- You'll be part of a new and exciting career development programme within one of the UK's Most Admired Companies.
- Competitive salary with two pay reviews per year.
- Dedicated central early careers team and local site support for apprentices.

We recruit for a wide variety of apprenticeships (level two through to seven) from Administration and Finance to Civil Engineering and Material Technicians. [Find out more](#)



Babcock apprentices gain experience in the workplace while also undertaking a part-time course with a training provider. As they progress through their career, they may have the opportunity to pursue further education opportunities and higher-level qualifications. Programmes start at level 2 and go all the way up to degree level. Opportunities are varied and span the length and breadth of England.

#### Featured Apprenticeship

On our 4-year **Engineering Trades Apprenticeship**, apprentices develop specialist engineering trade skills and gain experience building or maintaining the Royal Navy's fleet.

This varied and exciting programme covers trades including mechanical, electrical, fabricating, CNC machining, pipefitting and support engineering. [Applications are open. Learn more.](#)

This programme is available in:

 [Devonport, Plymouth, England](#)

**Ms Finlay, Careers Coordinator**

## Extra-Curricular Activities

Day	Activity	Time	R0om	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
	LGBT Club: HMA/EDO	12.40 – 1.10p.m.	F19	All Years
	French Pop Club: LGR	12.40 – 1.10p.m.	G6	All Years
	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



# 10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

## 1. DESIGNATE A TRUSTED ADULT

It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

## 2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

## 3. FACTOR IN THEIR BASIC NEEDS

Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

## 4. REMAIN PATIENT

If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

## 5. BE 'A DYSREGULATION DETECTIVE'

While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

## 6. USE SUITABLE LITERATURE

There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content: ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

## 7. TRY SENSORY RESOURCES

An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.

## 8. NURTURE INDEPENDENCE

If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

## 9. MODEL GENUINE FEELINGS

Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

## 10. FORMULATE A PLAN

As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

## Meet Our Expert

Georgina Durrant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources Blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



#WakeUpWednesday

The National College