



Ursuline Academy Ilford

Weekly News – 2023/2024 Issue 22
1st March 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,

Along with some colleagues, I will be attending the Ursuline Schools Conference this upcoming weekend. It's always a highlight of the year to gather with staff from our fellow Ursuline schools across the UK.

During this conference, we'll have the opportunity to celebrate the unique charism of our school and continue the important work inspired by St. Angela Merici. These gatherings not only provide a chance for professional development but also strengthen the bonds within our Ursuline community.

I am looking forward to bringing back insights and ideas that will contribute to the ongoing growth and enrichment of our school environment.

St. Angela Merici, pray for us.



Thank you for your continued support!

Fiona Stone headteacher@uai.org.uk



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Chaplaincy News

Pope Francis@Pontifex –28th February 2024

In this time of #Lent, let us strive not to put ourselves at the centre; rather, let us try to step aside to make room for others, to promote them, and to rejoice in their qualities and successes. #GeneralAudience

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

March: Vigilance

1st March: Keep to the ancient way confirmed by so many Saints. And live a new life.

2nd March: I beg you with all my heart, be like watchful and most vigilant shepheresses.

3rd March: Do not be afraid!

4th March: Charity teaches discretion and moves the heart.

5th March: Our life and well-being are at stake.

6th March: May you sustain and carry out vigorously and faithfully the charge laid upon you.

7th March: Be careful and vigilant!





Art News

Artist of the Month Jasmine Kaur – Year 10



Jasmine has a passion for painting landscapes, and she has produced these copies from artwork that she had researched. She has used a technique called 'impasto' to layer the blossom and 'stippling' for the leaves. Jasmine has created bright sunlight, fast moving water and a calm lake by using a varied colour palette and they look amazing.

She said "I really like to copy different styles and I am learning how to achieve these effects by myself too." Well done Jasmine.

**Mr Butler
Head of Art**





Art News Continued...

Year 10 visit to Saatchi gallery, London. 'Extraction/ Abstraction' exhibition



Year 10 GCSE students had a visit to the Saatchi gallery in West London to see an exhibition on 'Extraction/Abstraction' as part of their coursework for Art. They were able to view photographs, sculptures, and paintings from an abstract perspective.

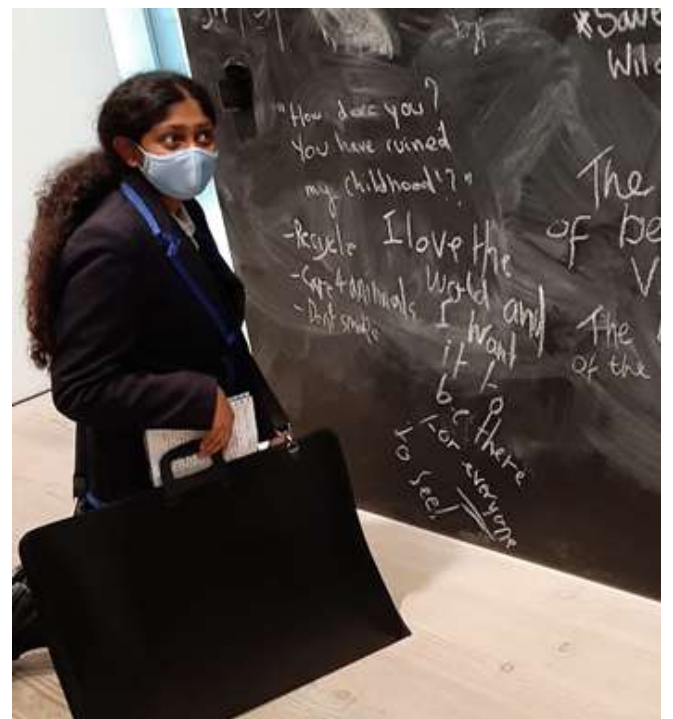
"It was amazing, I saw many different artworks that represent the change that waste causes", "The art was mesmerising"-
Nicoleta.

"The texture on the quarry photograph looked so real", "...the stone was amazing with vibrant colours". "The whole experience was very calming", "I liked the message of some drawings about helping our environment and I find it an important task" -
Lilly.

"...one abstract piece I really like was the Thjorsa River. The pictures about WASTE help us to understand why we need to protect the environment" -
Linh

Students could write messages on a blackboard; Lilly wrote,
"I love the World & want it to be there for everyone to see"

"I want to thank the teachers Mr Butler & Mr Selley a lot, it was a really good trip"





Business Studies News

In bustling Ilford cityscape, where financial institutions line the streets, our first business trip to the Metro Bank proved to be an eye-opening adventure into the world of modern banking. Accompanied by knowledgeable expert customer service assistants Priya, Roberta and business banking manager Edward, our group embarked on a journey to unravel the intricacies of Metro Bank's operations, from account management to the nuances of the business and banking as a whole.

As we stepped into the welcoming atmosphere of Metro Bank, we were greeted by a sense of warmth and efficiency that set the tone for the session ahead. Priya and Roberta were our guides for the day, they wasted no time in immersing us in the inner workings of the bank, starting with an overview of the various types of accounts available to customers.

From personal savings accounts to tailored business solutions, Metro Bank offered a diverse range of financial products designed to meet the unique needs of each client. Through engaging discussions and real-life examples, we gained light on the benefits and features of different account options, empowering us with the knowledge to make informed decisions about our finances.

The highlight of our visit was undoubtedly the behind-the-scenes tour of the bank, where we had the opportunity to witness firsthand the day-to-day operations that keep the institution running smoothly. From the bustling teller stations to the serene private banking suites, and the vault safety boxes every corner of Metro Bank exuded an air of professionalism and dedication to customer service.

As we navigated through the maze of desks and computer terminals, we got an insight into each role of each department and how they collaborate to ensure seamless banking experiences for all clients. It was fascinating to see the synergy between technology and human interaction, with each complementing the other to deliver exceptional service.

We also got a look at opening a business account to accessing specialised lending solutions, Metro Bank offers a comprehensive suite of services tailored to support the growth and success of small businesses.

Overall, our trip to Metro Bank was a truly enriching experience that left us with a newfound appreciation for the intricacies of banking and the dedication of professionals like Priya and Roberta who work tirelessly to support their clients' financial goals. We carried with us a sense of empowerment and inspiration, knowing that we had glimpsed the inner workings of a cornerstone of the modern economy. I was touched to see my girls grow their self-confidence, extremely proud of their exemplar behaviour and positive attitudes throughout! They were all gifted books, treats and pens!

"This was one of our best trips ever, we wish we could go again" **Imaan**

"Such a great experience learning about businesses and banking, we loved our tour and all our gifts" **Mohima**

Mrs Ahmed and the Year 12 Business Girls





Chaplaincy News

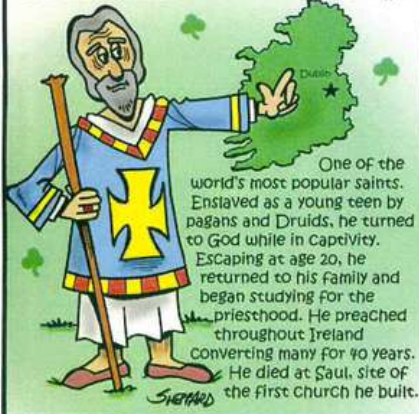
March is a month of feast day for one of the most well-known Saints
March 17: St Patricks Day.

'the Day of the Festival of Patrick', is a religious and cultural holiday for many people of Irish decent. 17 March is the traditional death date of St Patrick (c. 385 – c. 461), the foremost patron saint of Ireland. It is believed that Patrick was born in Roman Britain in the 4th century, into a wealthy Roman-British family. His father was a deacon in the Christian church. At the age of sixteen, he was kidnapped by Irish raiders and taken as a slave to Ireland. He spent six years in Ireland working as a shepherd and that during this time he found God. The Declaration says that God told Patrick to flee to the coast, where a ship would be waiting to take him home. After making his way home, Patrick went on to become a priest.

According to tradition, Patrick returned to Ireland to convert the pagan Irish to Christianity. The Declaration says that Patrick spent many years evangelising in the northern half of Ireland and converted

SAINTS FUN FACTS

by John Sheppard



St Josephs Day Saint Joseph's Day, also called the Feast of Saint Joseph or the Solemnity of Saint Joseph, is the principal feast day of Saint Joseph, husband of the Virgin Mary and legal father of Jesus Christ, celebrated on 19 March. It has the rank of a solemnity in the Catholic Church. St Joseph has 2nd feast day on 1st May.

The Ursuline Academy Ilford

CHAPLAINCY NOTICES: MARCH



During March, the 3rd Month of the year we celebrate Spring and the most glorious festival in the Christian calendar.



March days of Religious Significance

March 11: Ramadan begins:
This marks the start of the holy month of fasting for Muslims.

March 21* – Nowruz
Occurring on the vernal equinox, this day celebrates the Persian and the Baha'i New Year.

March 25 – Holi
A Hindu Holy day celebrating the arrival of spring and new life. This lasts for a night and a day, starting on the evening of the Full Moon Day.



Holy Week 2024

Sunday 24th March Palm Sunday

The events of Holy Week recount the so-called 'passion narratives' in the New Testament Gospels that relate to the suffering (passio in Latin), death and burial of Jesus Christ. Thus, Holy Week marks the last week of the Christian season of Lent – the week leading up to Easter. Here's a rundown of what it all means.

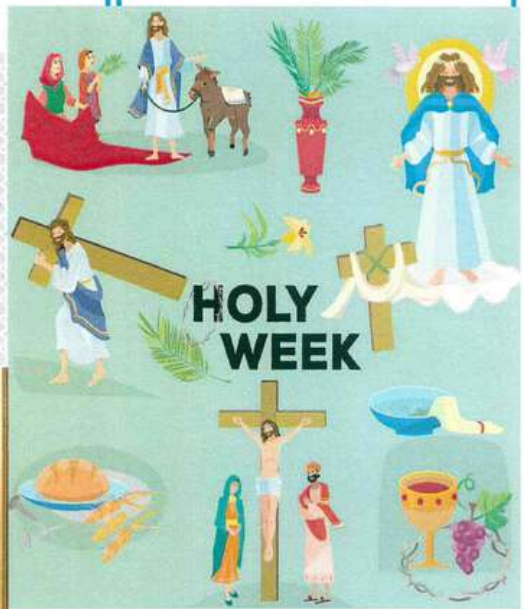
Holy Week commemorates the last week of Jesus' life; the triumphant entry into Jerusalem on Palm Sunday, his crucifixion on Good Friday (a form of cruel capital punishment where a person is nailed to a cross). Holy Week leads up to the celebration of Easter Sunday – the day Christians celebrate Jesus rising from the dead.

For many Christians, Holy Week is the most important spiritual time of the Year in which they can reflect on Lent and their faith before celebrating Easter. They can think about the sacrifices that they believe Jesus Christ made for humans in the lead-up to celebrating Jesus' resurrection.









Holy Week Events:

- Palm Sunday (Sixth Sunday of Lent)
- Holy Monday and Holy Tuesday.
- Holy Wednesday: Spy Wednesday
- Maundy Thursday: The Last Supper
- Good Friday: The Crucifixion
- Holy Saturday
- Easter Day: The Resurrection

He is Risen!



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 " Don't Forget to Remember " 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 HERE)	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 HERE)	Print out, color and sign Easter cards 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 HERE)	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 HERE).	Send or deliver the money in your almsgiving box to its recipient.	Maundy 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!

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

Prayer Room

A big thank you to **Sajja Husain** (9C) and **Salwa Husain** (9J) for all of their hard work on our beautiful prayer room display board. They have done a fantastic job!

Miss Choudhury



Eco Club News

The Eco-club met with Ms Stone this week to discuss the findings of the whole school sustainability audit they have carried out. The students presented their findings and discussed some positives, such as the school's new flower beds, gardening club and how most students have reusable bottles. They also suggested some ways we could be more eco-friendly such as introducing bird feeders and promoting walking/cycling to school. Over the next few weeks the Eco-club will be looking into improving these elements! The students did a wonderful job of presenting and worked very hard on their presentations! SERVIAM

Ms Colder, Head of Humanities





History News



Young Quills 2024

This year Ursuline has been selected to take part in Young Quills by the Historical Association. Students that take part in Young Quills will be allocated a book to read and will need to write a review of that book that will be used to inform judges in the Historical Association's Historical Fiction Awards. We are hoping that our involvement in Young Quills will not only develop students' love of reading and History, but will also coincide with World Book Day and Women's History Month. In addition, reading to develop skills and knowledge and fundamentally for enjoyment are an important part of a young person's educational development. Having an opportunity to express what has been gained from reading certain books and having that opinion valued can really add to students' desire to read.

The Historical Association say:

'At the Historical Association we think that developing an understanding and appreciation of history is something that enriches everyone's life. To foster that development in children is key to ensuring future generations love and appreciate the heritage of our own and many other communities around us and across the world. Historical fiction can be just as important for developing a young person's sense of the past if it is handled accurately and in an engaging way. That is why we are happy to have introduced the Young Quills for Historical Fiction Awards.'

Congratulations to the following students, who have been selected by Ms Mackie after being nominated by their History or English teacher. Well done everyone! Looking forward to working with you and hearing your opinions on the books.

Claire Yung 7J

Riya Deshpande 7J

Chidera Ntuchukwu 7C

Hasnat Dudeh 7U

Aishwarya Kumar 8C

Amira Hossain 8J

Sajia Husain 9C

Alyssia Baptiste 9J

Maryam Rahman 9T

Charis Torrance 9U

Zaynab Muquith 10C

Akshaya Raveendran 10U

Prethika Thiyohupiilai 10U

Naomi Soares 10T

Shanjirra Suresh 10J

Zoya Khan 10U

Chichi Oguchi 10U

Waania Malik 12C

Amandeep Dhillon 12J

Hawwa Nihar 12J

Ms Mackie, History Subject Lead



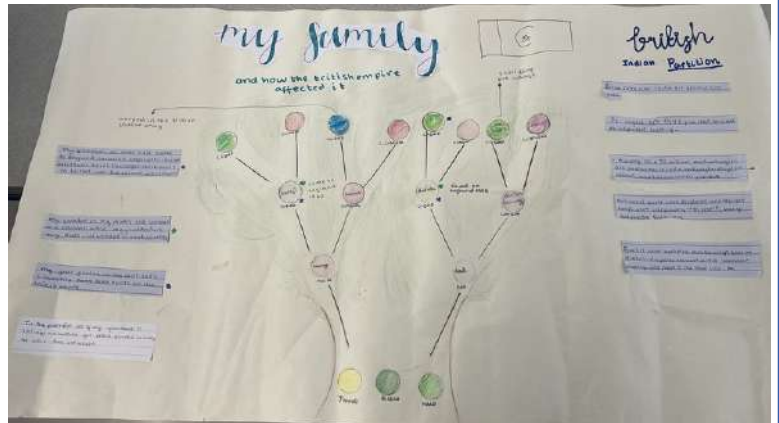


History News Continued...

In Year 8 students have started to learn about the history of the British Empire. As part of their learning, to see how the legacy of the British (and other) empires have affected people's lives for many centuries students have been looking at their own links with empire. This helps us to understand how the history of empire shapes the present day in Britain.

Here are some of the great examples of work that students have done, they have asked their families and found out about family members who served with the British in WW2 and how Poland has been divided by many different empires across its history.

Aishwarya Kumar 8T
Maya Adamczyk 8C
Aleeza Qadir 8C



My family connections with the British empire

- My dad's dad (Fran) is my grampa he was in the Indian Army. 1980 was the year he joined, it has been 30 years in the army, he left when I was born, the same year I was born.
- He worked near the Good Countryside of Pakistan, China and India. He worked as the signal person, they give support in war by communicating on the radio like giving support to army by sending food and water supplies and Medical (spare time) after the war ended. He joined army to serve his country. He got medals, like 20 years worked in army etc.
- My Mum's grandpa (who is my great grandpa) he was in my. He joined the British army in his young age. He worked as signaling people in the war about when the war will start and stuff like providing them guns and bullets. The British army was in India, not in England. He got a silver medal, for doing his great job helping out and delivering the right message around.
- That's all my grandma remembers, My great grandpa was my grandma's daddy.

GERMAN EMPIRE

was created through military control. Germany had, against the wishes of the states in the North German Confederation led by Prussia with the help of Bismarck, which these kingdoms and territories.

The German Empire collapsed after World War I. France, Belgium, Poland, Czechoslovakia and Austria.

The German Empire collapsed in 1918. The Weimar Republic was established in 1919. The Weimar Republic was the first democratic government in Germany. It was a republic and a democracy.

MY HISTORY WITH EMPIRE

My family is from Poland. A country that was a central empire with an interesting and complicated history.

Thanks to the end of the 19th century, Poland was divided into three parts: Prussia, Russia and the Austrian Empire.

Poland only regained independence in 1918 (23 years later) and a First Republic was proclaimed in November 1918. This happened after World War I, during which Austria and Germany were defeated and the Russian Empire collapsed.

RUSSIAN EMPIRE

The Russian Empire was founded on November 2nd, 1721, when the Russian Senate confirmed the title of emperor for Peter the Great as the Russian Emperor Peter I.

One of the reasons for the Russian Empire's growth to such a vast empire was the fact that Russia and South America, Canada, Europe and China and other empires.

The Russian Empire eventually fell due to the abolition of monarchy in 1917. However, the new majority of Russian were peasants, who lived in poverty and during this time according to the Russian constitution, and to transfer a new communist state.

Mr Donovan



Library News

The 2024 Yoto Carnegie Medal Longlist:

The Door of No Return by Kwame Alexander

The Song Walker by Zillah Bethell .

Away with Words by Sophie Cameron

The Little Match Girl Strikes Back by Emma Carroll, illustrated by Lauren Child

The Boy Lost in the Maze by Joseph Coelho, illustrated by Kate

Choose Love by Nicola Davies, illustrated by Petr Horáček -

Electric Life by Rachel Delahaye -

Until the Road Ends by Phil Earle.

Digging for Victory by Cathy Faulkner

Crossing the Line by Tia Fisher

Wild Song by Candy Gourlay.

Boy Like Me by Simon James Green

Safiyyah's War by Hiba Noor Khan

Steady for This by Nathanael Lessore

The Swifts by Beth Lincoln, illustrated by Claire Powell

Dogs of the Deadlands by Anthony McGowan, illustrated by Keith Robinson

Tyger by SF Said, illustrated by Dave McKean

Ravencave by Marcus Sedgwick

Greenwild: The World Behind the Door

by Pari Thomson, illustrated by Elisa Paganelli

All books available in the school library





MFL NEWS

'Why Study Languages?' Presentation: 20/02/24

As part of career related events to celebrate National Careers Week (next week), the MFL Department organised a talk hosted by two student ambassadors from Queen Mary Universities and UCL.

This talk focused on the social, professional and cognitive benefits of studying languages at GCSE, A Level, and university. Ambassadors, reflecting on their own experiences, demonstrated the various options available for studying languages, shared their experiences of studying abroad and highlighted potential careers for language graduates.

The talk aimed to broaden students' view of languages, by highlighting the importance of languages in a multilingual and multicultural world.

Ms Grassi, MFL Leader





Music News



Songwriting Workshop

On Thursday, a select group of Year 9 students participated in a Song Writing Workshop with urban-pop singer and songwriter, Irini Mando. Irini has supported Gabrielle and Kaiser Chiefs on their UK arena tours and is now signed to Island Records.

Irini was very inspirational and really captured our student's enthusiasm for song writing in her workshop. We enjoyed also watching her perform as well as seeing the results of our students work throughout the day through their own group performances.

"I really enjoyed the workshop. Irini was really influential and encouraged us to create and perform our own songs." – **Miracle 9C**

"It was a very good experience to see somebody in the music industry come to us to talk and work with us on song writing. I enjoyed it very much. I recommend it to someone who wants to do GCSE Music or wants to get a better understanding of music." – **Avril 9U**

"The music workshop was really fun and creative as we had to compose a song and share it with others. It gave me a greater understanding of music. Overall, it was really enjoyable." – **Sakthi 9U**

"I really enjoyed the songwriting workshop as the teacher showed us her music and the songs she wrote. Also we got to create our own songs and do songwriting which allowed us to express ourselves and share our songs to our classmates. Overall, I really enjoyed the experience and would love to do it again." – **Adina 9U**

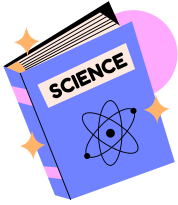


RELIGIOUS EDUCATION

Religious Education News

On Tuesday, 27 February, as part of their General Religious Education programme, our Year13 students listened to a presentation given by Ebony King about Elevate Her UK. Elevate Her is a non profit organisation that mainly provides support to vulnerable teenage girls and young women from disadvantaged backgrounds. It offers mentoring, empowerment workshops, advocacy, campaign support, employment opportunities and youth safety projects. The particular focus of this session was the financial exploitation ('being finessed') of young people that often criminalises them without them being aware of it. There are useful short documentaries on it to be found under Elevate Her on YouTube.





Science News

Paper Helicopters

This week we made paper helicopters and tested them afterwards. The shapes were cut out from a template, we then folded them as required and then paper clipped them together. The paper clip allowed them to have a bit of weight, allowing the top part which we folded in a blade shape to spin, leaving us with a flying helicopter! The air resistance in this situation helped them stay in the air for a bit longer and spin all the way down. As the pictures show they actually did spin from when they were dropped till they hit the floor. Satisfying to make and watch.



Mr Uddin & Ms Agudelo

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.





Careers

Please note, below is just a snapshot of the opportunities and information posted on Satchel this week. For full details and links please check Satchel



<https://www.ncw.org.uk/parents-guide-to-national-careers-week-2024>

Download the Parents Guide to National Careers Week, starting on 04th March. Find out more at www.nationalcareersweek.com

Webinars

- [RHS Insight Webinar](#)
 - When: 05 Mar 2024 , Time: 6:30-7:15pm,
- [JLR Insight Webinar](#)
 - When: 12 Mar 2024 , Time: 6:30-7:15pm
- **PRIME Why Not Law?** Workshop. This free, live, virtual careers workshop shines a light on job opportunities in. Our workshops will run throughout the Spring and Summer 2024 terms (Jan – July)

Apprenticeships

- [RHS Apprenticeship Opportunities:](#)
- [JLR - Success at School](#)
- [NAO Digital Financial Audit Degree Apprenticeship](#)
- Barratt Developments: Higher and Degree Apprenticeships in Construction
Wed, Mar 06, 7:00 PM - 7:30 PM GMT, Online event

University of Southampton Residential 16th -19th July 2024 Yrs 12 & 13

[Escape Studios](#)' 'Get a Reel Job – Breaking into Animation and Visual Effects' event on Saturday 9th March from 1.30pm-4pm.

Ms Finlay, Careers Coordinator

Extra-Curricular Activities

Day	Activity	Time	R0om	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	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
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
	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
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

ALL ABOUT TikTok

TikTok is a video sharing social media platform used to create and share short form videos that allows users to express themselves through singing, dancing, comedy, and lip-syncing. It exploded in popularity during the COVID-19 pandemic and has only continued its rise since.

58%
of children aged 3-15 use TikTok (alongside other social media).

1 billion
global daily users by early 2022.

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THE FYP

TikTok wants users to see the content they want to see – which is where the 'For You Page' comes in. The platform uses algorithms to figure out a completely unique feed for every individual user.



HOW IT WORKS

<p>SHARE Upload short videos for other users to view, comment, and like.</p>	<p>EDIT Change or alter videos to include popular filters or themes.</p>	<p>STITCH Use snippets of existing videos to create a new video or trend.</p>
<p>COLLAB Add popular music or audio (including from other users) to videos.</p>	<p>DUET Create a video that is posted directly alongside another user's video.</p>	<p>MESSAGE Users aged 16+ can send private messages to one another.</p>

RISKS

- PUBLIC VIEWS** - For users registered as 16 and over, their profile is 'public' by default and their videos can be viewed and downloaded by anyone.
- INAPPROPRIATE CONTENT** - Some videos include suggestive language, mature situations, and sexualised content without warning.
- SCREENTIME OVERLOAD** - The continuous scrolling design of the app makes it harder for users to look away from their screens, and is likely to increase screentime.
- PAID ADS** - Many brands and companies have taken to TikTok to try and boost product exposure with paid adverts that mix into normal content.
- INFLUENCERS** - Young people may be 'influenced' by popular creators on TikTok, and could spend time or money following someone or trying to become an influencer.
- IN-APP PURCHASES** - Users can make in-app purchases to get 'coins', which can buy virtual gifts to send to influencers on the platform.

NOW

The TikTok Now feature prompts users to take an 'in the moment' photo or video at a random time once a day. Make sure the young person in your care knows to check the content before uploading so they're not unknowingly sharing personal details under pressure!

TOP TIPS

- KEEP PRIVATE.** Ensure your young person's privacy settings are appropriate for their age. Remember – a private profile gives the most control!
- TALK IT OUT.** 'Digital life' should be as much a part of everyday conversation as every other aspect of a young person's life.
- DISCUSS TOGETHER.** Find out what videos and influencers they view, what they like, what they dislike – and why!
- BE HONEST.** Talk about how social media content is often a far from accurate depiction of real life, especially for influencers.
- STAY SAFE.** Some TikTok challenges could be potentially harmful to young people. Remind them that their safety is #1 always!
- GIVE SPACE.** Give them room to voice any concerns they might have around harmful or inappropriate content they come across.

WATCH OUT FOR... #TikTokChallenges

Hardly a day passes without a new TikTok Challenge popping up. A 'challenge' is a type of video that is widely shared and copied by others. Many of these can be fun and engaging, incorporating things like dances, songs, and filters.

There are some, however, that can be riskier and potentially harmful - which can make them even more tempting to try! These can include dangerous stunts, mean pranks, or reacting to upsetting content.

ALERT

TikTok says users must be 13+ to use the app, but our research shows that it is extremely popular with younger children.

