



Ursuline Academy Ilford

Weekly News – 2023/2024 Issue 23
15th March 2024



Upcoming Events

Year 8 Progress Meeting
Monday 22 April 2024
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.

Year 6 into Year 7 Transfer Day
Thursday 4 July 2024
8.40a.m. – 3.20p.m.

Music Showcase
Tuesday 9 July 2024
6.00 – 7.30p.m.

Sports Day
Friday 12 July 2024



Headteacher's Headlines

Dear Parents/Guardians,

Today we celebrated International women's day. As a female headteacher of an all-girls secondary school, I cannot emphasise enough the significance of celebrating International Women's Day. This day serves as a powerful reminder of the invaluable contributions women make to society, history, and the world at large. It is a time to honour the achievements of women past and present, to recognise their resilience, strength, and unwavering commitment to progress.

By celebrating International Women's Day, we hope to inspire our students to pursue their dreams, and empower them to break barriers in any field they choose. It's a day to reflect on the strides made towards gender equality and to recommit ourselves to the ongoing fight for women's rights. At The Ursuline Academy, we stand united in championing the rights and aspirations of every girl, nurturing a generation of young women who are poised to make their mark on the world with confidence and conviction

Fiona Stone headteacher@uai.org.uk





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Chaplaincy News

Pope Francis@Pontifex –8th March 2024

When the voices and experiences of women are heard, all of society is truly enriched. Let us #PrayTogether that, through encounter and dialogue, “the genius of woman” may be allowed to flourish in today’s world. @IamCaritas

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

March: Vigilance

8th March: What you want them to do, do it yourself first.

9th March: Have patience!

10th March: Don't stay angry.

11th March: If you see one faint-hearted, encourage her.

12th March: Be very careful never to complain, or grumble, or speak ill of others.

13th March: Strive to be faithful and devoted.

14th March: Merely beginning is not enough if you do not carry through.





Chaplaincy News

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

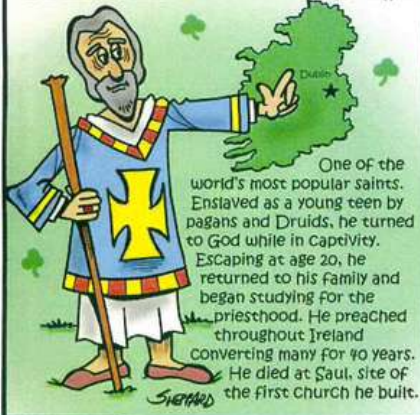
'the Day of the Festival of Patrick', is a religious and cultural holiday for many people of Irish decent. 17 March is the traditional death date of St Patrick (c. 385 – c. 461), the foremost patron saint of Ireland.

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. 2:5-4	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!



Careers Week

This week is National Careers Week! On Tuesday, 40 of our Year 9 students attended the "Festival of Apprenticeships" in Kennington Oval.

The students had an opportunity to speak to lots of different people about how they can access the world of work through a wide variety of apprenticeships on offer and they all really got stuck in and had lots of questions to ask. I was very proud of them! It was a lovely day and we even had some time to sneak in a picture along the river on route home! Well done to all! I hope this has given you some food for thought as you prepare to pick your subject options in the coming weeks.



Ms Eakins





Careers Week Continued...



On Monday, **Bridget D'Aliessio** Clinical Nurse Specialist Palliative Care, BHRUT, gave a talk to Year 10 and 12 about careers within the NHS, including, Doctors, Nurses, Paramedics, Occupational Therapists, Physiotherapists, Speech and Language Therapists, Dieticians, as well as non-clinical roles e.g. HR, Admin, Health Record Clerks etc. Thank you to Bridget for giving up the morning of her day off!

On Wednesday, **Kerry Amies**, from Investment Management Company, Federated Hermes, came in to give a talk to Year 8 on Diversity, Equality and Inclusion and Gender Bias in the workplace. Thank you Kerry, you certainly gave our girls something to think about!



Careers Week – CV and cover letter writing workshop

On Wednesday, **Mrs O'Neale, our HR Manager** and in-house expert, ran a workshop for A Level students interested in learning how to improve their CV and cover letter writing skills in order to get that first step through the door when applying for jobs. Mrs O'Neale shared with the students her insights into what makes an application stand out, both in a positive and a negative way, allowing the students invaluable understanding of what they need to include and avoid when putting their applications together.

All participating students were provided with a pack to take away with them after the workshop that included top tips on how to write your own CV and cover letter, as well as example pieces for the students to use as models.

Our thanks to Mrs O'Neale for giving up her time to share her knowledge and experience with our students looking to embark on that next step in their future!





Drama News

On Monday 4th March, 28 of our students performed in the Coram Shakespeare Schools Festival. A wonderful cast of 28 students performed a dazzling version of *The Tempest* by William Shakespeare.

The performance was sensational! The students shone under the professional theatre lights of The Kenneth More bringing their amazing acting, dancing and singing talent to a supportive live audience.

As part of Careers Week, the students experienced performance within a theatre, worked through a technical and dress rehearsal and enjoyed a taste of back stage life! We are immensely proud of the cast of *The Tempest* who have worked so hard on their show.

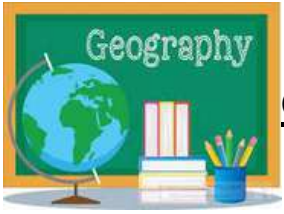
The production will be performed in the summer term at school. We will bring you news of how to book tickets in the coming weeks.

Thank you to Ms Mackie for all her support and chaperoning the evening.

Thank you also to Ms Deller for her support and the delicious brownies that she baked as a pre-show treat!

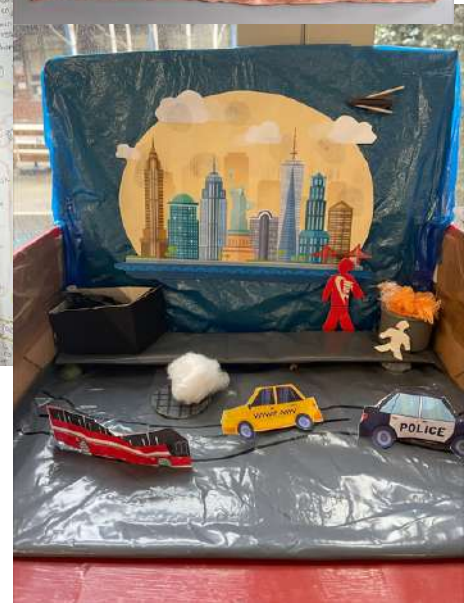
Ms Milne and Ms Cooper



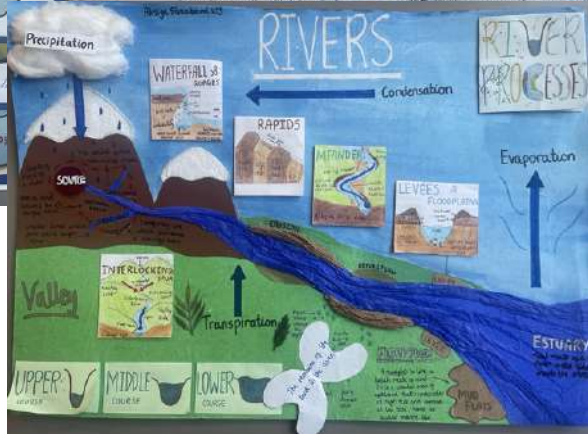
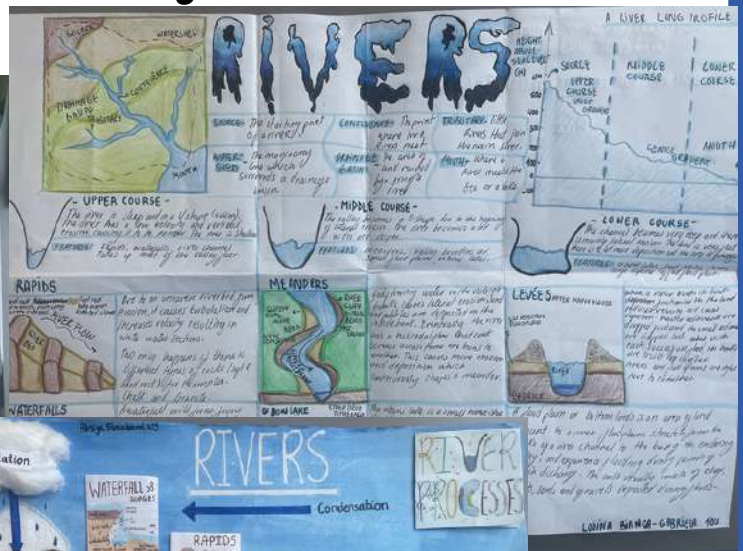
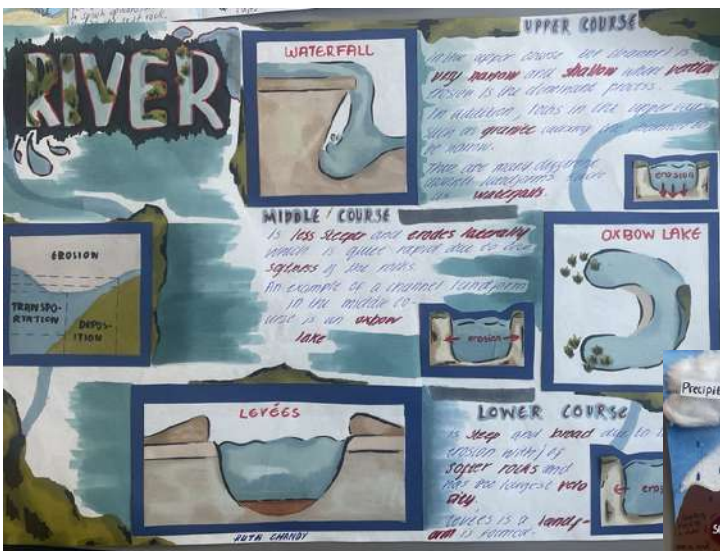


Geography News

Year 7 completed a topic on settlement growth and urbanisation. For their homework students had to research a city of their choice and had to describe the location and the population growth and explain the opportunities and challenges of the city. The Year 7's made wonderful projects with a wide variety of cities and urban challenges discussed.



Year 10 Geography have just completed their river landscapes topic and created summary posters to help them with their revision. The students worked extremely hard on their posters and created detailed and informative information about how a river changes on its journey from source to mouth. The top poster designs were from **Aksiga** (10.U) **Ruth** (10.T) **Bianca** (10.U)





International Women's Day

ALUMNA 2016 Women who Lead

As we celebrate 'International Women's Day', we are delighted to see former Ursuline student and Head Girl, **Floriane Fidegnon**, spotlighted in the April edition of the 'Good Housekeeping' magazine. Floriane left the Ursuline for Warwick University graduating with a first-class honours in Mechanical Engineering and it's incredible to note that almost 9 years has passed since she left the school, and at 25 years old, she is now being described as a "Woman who leads".

Currently a policy consultant at the Ministry of Defence, Floriane actively contributes to shaping policies that promote diversity and address the underrepresentation of women. Additionally, she serves as a public speaker and a board trustee of the Stemettes Youth Board. Her feature in the magazine reflects on her school days at the Ursuline and emphasises her commitment to fostering more equality in the future. Still serving to fulfil the schools mission of 'Serviam', Floriane is an inspiration and a role model to our community.

Women who lead

'We could be missing out on the next Ada Lovelace'

Floriane Fidegnon was inspired by a school club to become an engineer. Now she is working on AI and also makes it her aim to get young people excited about a career in science and technology.

A school competition changed the trajectory of my life for ever. I joined a STEM (science, technology, engineering and maths) club and was tasked with solving a climate-related problem. Through the project, I spoke to real engineers and my mind expanded as they explained how they brought together physics and maths to solve problems in innovative ways.

When I left school, I went on to study manufacturing engineering, which might look at how to create an electric vehicle from raw materials, for instance. Out of 200 students on the University of Warwick course, only around 30 were female. Wanting to channel the supportive culture I'd felt at my all-girls school STEM club, I founded Warwick Women in Engineering & Science, a society that is still going today. We hosted events and technical talks, always considering diversity, inclusion, equity and accessibility. Through this work, I began consulting for various companies, such as research organisation the British Science Association, advising them on inclusive ways to get young people into STEM. This included speaking in schools to get students excited about the real-world impact science subjects could have.

During the pandemic, I saw this impact first-hand. After graduating, I worked in pharmaceutical manufacturing and we were making more respiratory devices than ever before, as Covid meant more people relied on inhalers. Most wouldn't think twice about the design of such a common device, but every aspect is carefully considered.

For example, how can the inhaler's casing protect the medicine inside, while being able to deliver it effectively? Engineering is all about solving problems.

Outside of work, I enjoy getting lost in science fiction. My dream is for the real world to reach a utopia like you might find in the most positive sci-fi novel, where science makes the world work equally well for us all.

In meetings, I'm often the only Black person present, and frequently the only woman. I want every girl interested in STEM to walk into a room and feel completely comfortable, because they have role models to identify with. That's why I'm a trustee for Stemettes, helping to guide girls, young women and non-binary young people interested in STEM subjects.

While I enjoyed pharmaceuticals work, I wondered how engineering could link with other fields to have greater impact in the future. So, from 2021, I led a team that considered how data, AI and manufacturing could work together to influence the Government's policy decisions. Then, in 2022, I joined a defence innovation consultancy to help organisations such as the Ministry of Defence embrace emerging technologies.

If I hadn't joined my school's STEM club, I'd have never considered my career. Every young person who doesn't get a similar opportunity could be the next Ada Lovelace or Albert Einstein we're missing out on, so I'm determined to help more young people carve their own futures in STEM.

Under the microscope
I got excited by... Future technology
The first thing I do in the morning is... Check my emails
I like to relax by... Reading Cup of tea or G&T
Introvert or extrovert? Extrovert.
The woman in science I admire most is... Dr Anne-Marie Imafidon, founder and CEO of Stemettes.
My proudest achievement is... Graduating university.
My hope for the future is... We reach a balance between diversity, sustainability and technology.

I'm fighting for more equality

Floriane celebrating 10 years at Stemettes (above) last year

56 GOODHOUSEKEEPING APRIL 2024

BRITAIN'S BIGGEST SELLING LIFESTYLE MAGAZINE

APRIL 2024

Good Housekeeping

gohousekeeping.com/uk

Get Receipts 2024

Welcome to Spring!

Caroline Quentin
talks self-belief, mental health & discovering new passions

Fragrant flowers, zingy flavours, fashion & beauty switch-ups... it's the feelgood season

THANK YOU FOR THE MUSIC
Melodies to boost your brainpower, ease anxiety & even help you sleep

ROAD TO RICHES
How to start money by the experts

HER-BEATING PROBE!
5 ways to never just

ST STARS...
Jennifer Grey, Cher, Gaynor Faye, Daisy Goodwin, Pin

GH BEAUTY TREAT FOR YOU!
20% OFF
Balance Me skincare

FOOD, GLORIOUS FOOD

- AN EASTER FEAST for family & friends
- 5-INGREDIENT midweek marvels
- TRAYBAKE CAKES easy & so delicious

PLUS
Our BIGGEST EVER FOOD AWARDS
What to shop now!

H



MFL NEWS

World Book Day (7th March): La journée mondiale du livre

The MFL Department joined in WBD celebrations by studying a selection of French children's mini books. Each year group had different activities according to their language level. Here is 7J in their fabulous book characters outfits!



Ms Grassi, MFL Subject Leader



Music News

Music Careers

Read about our Visiting Music Teachers own careers and pathways. and other careers within the Music Industry.

Harry Pearce

Performing under the alias 'Kinzan', Harry Pearce is a British bassist, songwriter, and producer. Having received a degree in Jazz from the Guildhall School of Music, started on the London jazz scene as a double-bassist in his formative years as a performing professional. However, after having turned his focus towards the electric bass, production and songwriting following the conclusion of his studies, notable collaborations include drum & bass duo Piri & Tommy, Col3trane, Alice Auer and Parthenope, with regular appearances in sessions across some of London's most distinctive studios, including Abbey Road, RAK Studios, and BBC Maida Vale.



Sandy Thompson

Sandy is a freelance musician and teacher. After graduating from University of Nottingham with a degree in music, Sandy completed an MA in violin performance at Trinity Laban. This gave many exciting opportunities to receive coaching and play alongside members of the UK's top orchestras, as well as performing in venues such as Wigmore Hall and Maida Vale Studios.

Sandy now enjoys a varied musical career such as playing for orchestras, string quartets, and musicals. Regular commitments include teaching violin and piano at both primary and secondary schools as well as leading the violin section for Havering Concert Orchestra. She is also passionate about music in healthcare, and loves bringing live music to care homes through Music in Hospitals and Care.



Natalie Cooper

(Bachelor of Music Jazz Performance - Vocals.
Diploma of Performing Arts - Classical Voice)

Natalie's mother is a piano teacher and Natalie was strongly encouraged to get as far as Grade 5, promptly quitting at age 14 once that was done. Imagine Natalie's gratitude at how useful that turned out to be when later in life she decided to pursue music at university!



Born in Australia but raised in New Zealand, Natalie studied classical voice at the Eastern Institute of Technology, Napier, then jazz piano and jazz vocals at Massey University in Wellington. Later based in Sydney, Australia, Natalie has been teaching and performing since the early 2000s. Highlights include teaching musical theatre at the Australian Theatre for Young People (where Nicole Kidman and Cate Blanchett got their start) and numerous gigs around the world including performances for Evander Holyfield, Olivia Newton-John and Kevin Rudd (ex-Prime Minister of Australia).

Under the artist's name 'Nat J Cooper', Natalie is most recently working on composing blues/soul originals and is endeavouring to embrace technology by exploring the advantages of performing online.

Natalie loves teaching and helping the next generation develop their skills and talent and is very much enjoying her time at Ursuline.

Danielle Rogan

As well as teaching woodwind and piano in Ursuline Academy, Danielle works part-time for Lambeth Music Service in South London. She gives individual woodwind lessons and also helps to deliver whole-class projects teaching a variety of instruments including recorder, djembe, percussion, woodwind, brass and music technology!

Danielle's main instrument is the flute. She started lessons through her local music service, and then completed a music degree at Queen's University in Belfast and a PGCE teaching qualification in Manchester. After teaching for several years, she moved to Dublin to study for a Masters in Performance at the Royal Irish Academy of Music. She was a "mature student" at the time, which just goes to show that it is never too late to do something new! This led to lots of connections in the music world and working with professional orchestras including the National Symphony Orchestra of Ireland and RTÉ Concert Orchestra.

Since moving to London a few years ago, Danielle now enjoys working with a variety of different ensembles as a freelance musician. Sometimes this is classical music, but recent performances have also included a live orchestra playing the soundtrack to a film, a pit band for a musical theatre show, and a flute and piano duo on a cruise ship travelling to Central America!



Joshua Walker-Martin

Music for me was a constant, it was reliable and fulfilling at every juncture of my life. So, I was always going to try my best to have a career in it. I was very fortunate to have great mentors around me that informed me of paths to take, but the leg work can only ever be done by you.

I started gigging at age 11 in a junior band, playing gigs around Essex and occasionally London. From that experience I met more musicians that led to more small and large ensemble projects in the Essex area and big band projects in London. Some of these friends I still play with today. I then took my undergrad in music performance at the London College of Music and later got my Masters at the Guildhall School of Music and Drama.

Most of my professional work comes from people I met on a gig, or a rehearsal or a casual play where some friends wanted to play tunes, or through the recommendation of someone else. So more or less all my work has fundamentally been from being social, approachable and polite.

The best thing you can ever do is make the effort and try your best. Also, consistent practise helps...

Notable gigs-

Headline shows of Ronnie Scott's with Louise Balkwill Quartet.

European tour with Droste Effect (contemporary jazz septet)

Sam Leak trio, Oliver's Jazz bar

Jean Tousaint, the Barbican

Giacomo Smith with Guildhall jazz orchestra, the Barbican

George Garford Quintet

Sam Norris Trio, The Old Library

Jakub Klimiuk trio, Phreds Manchester

Recorded on 20+ Albums and EPs



Recording

A career in recording allows you to record, mix and master artists songs. It mixes music with technology.

Record Producer

Record Producers guide the production of a record by coaching the musicians, advising in production decisions, and directing the studio recording and production process.

Recording Engineer

A Recording Engineer operates and sets up the recording equipment used to capture and shape the sound of an album.

Mixing Engineer

Mixing Engineers mix the various sound elements of a track to balance the volume and improve audio quality.

Arranger

Writers instrumentalists and arrangements of musical notes for studio recordings and live performances.

Orchestrator

Orchestrators transpose music, and write scores based off a composer's initial draft or sketch.

Performing

A career in performing allows you to perform in front of a wide range of audiences.

DJ

A Club DJ plays songs at a nightclub, bar, rave, or party using vinyl records, CD's, or MP3's. The traditional DJ setup includes a mixer, turntables, a sound system and headphones, although many now use CD's or digital mixing software.

Session Musician

A Studio Musician performs a backing track for another musician, while performing onstage or recording in studio.

Singer

A singer performs the lead vocals of a song. Although he or she may have a backing band, the singer is the star of the show.

Backing Singer

The Background Singer performs solo or with other singers and musicians in a recording studio or live performance.

Accompanist

An Accompanist is a pianist who accompanies singers, dancers and instrumentalists for performances and rehearsals.

Cruise Ship Musician

Cruise Ship Musicians perform a wide variety of music to entertain guests on board a cruise ship.

Business

A career in business allows you to work behind the scenes and manage the money/details of a musicians' career.

Manager

A Music Manager represents musical acts and guides all aspects of an artist's career. They usually get 10-20% of an artist's earnings.

Agent

Booking Agents negotiate deals and plan tours for the artists in their diary.

Concert Promoter

Concert Promoters organize shows by booking talent, securing venues and marketing their events.

Music Publisher

Sigs Songwriters to write demos, then pitch these demos to artists and labels as possible suits on their records. They also pitch recordings for use in film, TV and commercials.

Entertainment Lawyer

Manages all legal matters for musicians. This includes contract agreements, negotiating advice and counseling.

Music Business Accountant

Music Business Accountants advise and work with musicians and music industry companies on financial matters.

Education

A career in education allows you to share your musical knowledge and inspire others.

Music Teacher

Music Teachers instruct primary or secondary students in performance and music theory. They also lead various performance ensembles at the school, such as the choir or orchestra.

Instrumental/Singing Teacher

Teach your instrument either in schools or as part of a private tuition.

University/College Lecturer

Educates students in music theory, history, composition, performance or music business studies at an institute of higher or further education.

Musicologist

Musicologists study music in a historical, critical or scientific context. Most Musicologists are employed by universities, where they conduct research, publish papers and teach.

Music Librarian

Music Librarians answer reference questions, interact with the public, process donations, and help catalogue and sometimes digitalise collections.

Health

A career in health allows you to combine music with health recovery together to help rehabilitate people with music.

Speech Pathologist

Helps rehabilitate patients with vocal disorders through voice therapy exercises.

Speech Therapist

Works with patients to help them recover from vocal damage and to make positive lifestyle and/or vocal behaviour changes.

Music Therapist

A Music Therapist works with clients to improve any issues with their emotional, physical, cognitive and social wellbeing through the use of music lessons, sing-a-longs, etc.

Writing

A career in writing allows you to write songs for jingles, adverts and for other artists.

Songwriter

Writes songs for other artists.

Lyricist

Writes lyrics and words for songs, adverts, musicals and films.

Jingle Writer

Writes music for TV or radio adverts.

Composer

Composers create musical scores for TV, film and computer games. They use live musicians and sampling to evoke the intended mood or emotion to mirror what's happening onscreen.

Video Game Composer

Writes the music and score for video games.

Sound Designer

Provides audio support for the interactive entertainment industry.

RELIGIOUS EDUCATION

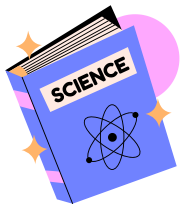
Religious Education News

The Ursuline Academy Ilford have supported CAFOD for many years with fundraising, awareness raising, prayer and being part of the voice to call for environmental change.

This week Year 12 students were invited to take part in this Years Lenten appeal, when two volunteers came from CAFOD to visit the school and encourage the girls to be involved in the campaign for justice for all those who are in need. This was an inspiring and informative workshop and some girls stayed back to ask about volunteering opportunities with CAFOD. #Serviam!



Mr F McGhee, Extended Leadership and Head of Religious Education.



Science News

Making Slime balls!

Making slime is fun for everyone and this week we made some slime balls using PVA glue and Borax. This was made a little bit more interesting by adding some food colouring and glitter. Borax is a chemical that in water forms an ion called the borate ion. When the borax solution is added to the glue solution, the borate ions help link the long polymer molecules to each other so they cannot move and flow easily, thereby making slime balls.

The girls also managed to package them into little plastic bags to take home. Please remember to wash your hands when you do play with them at home.



Mr Uddin & Ms Agudelo

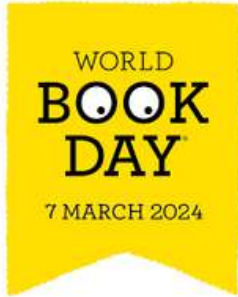
WORLD
**BOOK
DAY**
7 MARCH 2024

World Book Day 2024

We at the Ursuline have again been celebrating World Book Day with some amazing costumes and events throughout the day to celebrate reading and the excitement of stories. We have seen students really engage this year with an amazing array of costumes from all year groups 7-13, as well as some great efforts from the staff this year. We have had a reading relay all through the day across the school, where girls have read a short story within their regular lessons. We had a quiz this morning won by 9T from lower school and 13.1 from the sixth form. We had a competition for students to find which teachers were dressed in which costumes, with the 10 fastest students winning prizes. We have also had a photobooth, see pictures below. The winners from the students of best costumes are **Hritika Bagiyal** in Year 13, and **Ambar Ali** and **Aaliyah Khan** both in Year 9. The best group were the girls in 11U who came dressed as the characters from Shrek. Well done to all involved, more prizes are on their way. Thank you to all the students and staff who have been involved this year, not to mention parents who have surely put in lots of effort behind the scenes!







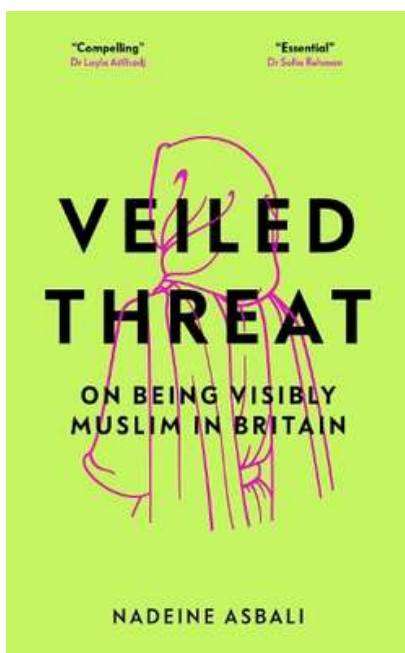
World Book Day 2024

You may remember from a previous edition of our Newsletter that our very own teacher, **Nadeine Asbali**, recently released her debut book titled "Veiled Threat." Drawing upon her experiences and expertise, Ms. Asbali's captivating narrative offers readers a compelling cultural insight of what it's like to be a visibly Muslim woman in modern Britain.

Nadine would be the first to say that a scarf on a woman's head doesn't define her, but in her case that's a lie. Nadine's life changed overnight. As a mixed-race teenager, she had unknowingly been passing as white her entire life: until she decided to wear the hijab. Then, in an instant, she went from being an unassuming white (ish) child to something sinister and threatening, perverse and foreign...

We commend Ms. Asbali for her literary achievement and look forward to celebrating her success within our school community. Thank you for giving up your time to come and talk to the members of our Islamic Society, and for signing their books afterwards! #Serviam

Mrs Ahmed & Islamic Society Team



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.



Extra-Curricular Activities

Day	Activity	Time	Room	Year
EVERYDAY	Library Club: CFI	Lunchtime & After School	Library	Years 7 - 13
EVERYDAY	IT Club: RGO/HGU	12.40 – 1.10p.m.	F6/F7	Years 7 - 13
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	12.40 – 1.10p.m.	Gym	All Years
AFTER SCHOOL	Netball Club: JMA	3.30 – 4.30p.m.	Playground/Gym	Years 7-8
	English 5 O’Clock Club	3.30 - 5.00p.m.	F8	Year 11
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
Fortnightly	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
	Netball Club: SFR	3.30 – 4.30p.m.	Playground/Gym	Years 9 - 13
WEDNESDAY				
BREAKTIME	Ukulele Group: DEA	10.40 – 11.00a.m.	S5	Years 7-8
	Vocal Group: SDE	10.40 – 11.00a.m.	Practice Room 3	Years 9 - 13
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
	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
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				
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.	Dance Studio	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				