



Ursuline Academy Ilford

Weekly News – 2023/2024 Issue 24
22nd 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,

As we journey through the season of Lent, it's a time of reflection, repentance, and renewal for our Christian community. We've been exploring ways to deepen our spiritual connection and grow in compassion and empathy towards others.

It's poignant to recognise that our Muslim brothers and sisters have embarked on their own sacred journey with the commencement of Ramadan. Just as we fast, pray, and seek to strengthen our relationship with God during Lent, our Muslim friends will be observing fasting, engaging in acts of charity, and dedicating themselves to spiritual reflection during this holy month.

The similarities between Lent and Ramadan are profound. Both seasons invite us to contemplate the importance of self-discipline, compassion, and gratitude. They remind us of our shared humanity and the universal values that unite us as a diverse Ursuline community.

I'm delighted to announce an upcoming Iftar event on Thursday, 21st March. Led by Mrs. Ahmed and the Islamic Society, this event will provide an opportunity for our 6th form students to experience the breaking of the fast, learn about the significance of Ramadan, and strengthen bonds of friendship across faith traditions. I'm very much looking forward to this. Wishing you all a blessed continuation of Lent and a meaningful Ramadan to our Muslim families.

Fiona Stone headteacher@uai.org.uk



Newsletter Contents this week:

Chaplaincy News, Pages 2 – 4

Geography News, Page 5

Library News, Page 6

Music News, Pages 11 – 13

R E News, Pages 8 – 9

Science News, Pages 10 – 11

Sixth Form News, Pages 12 – 13

Careers News, Page 14

Free School Meals, Page 15

Extra-Curricular Clubs, Page 16

Developing Healthy Sleep
Patterns, Page 17



Chaplaincy News

Pope Francis@Pontifex – 15th March 2024

God loved us first. He waited for us. He keeps loving us. This is our identity and our strength: we are God's beloved.

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

March: Vigilance

15th March: Every type of evil must be resisted.

16th March: Consider that we live in the midst of snares and dangers.

17th March: Greater labors and dangers may be involved when the undertaking is of greater value.

18th March: My Lord, keep my affections and my senses safe.

19th March: Watch over them as most vigilant shepherds and good servants.

20th March: Do your duty, correcting them with love and charity.

21st March: Receive my every thought, word and deed, finally, everything of mine, interior as well as exterior.





Chaplaincy News

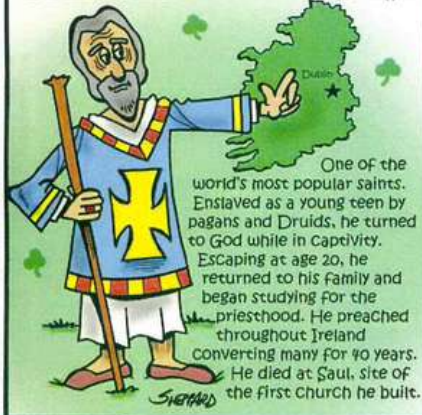
March is a month of feast day for one of the most well-knowns Saints
March 17: St Patricks Day.

'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

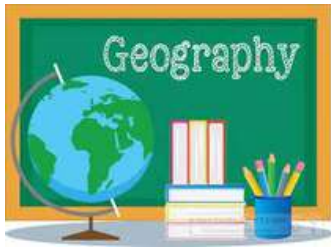
He is Risen!



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!



Geography News

This week year 9 students attended the Humanities London Docklands trip. As part of the trip they completed some geography fieldwork investigating the impact of the change that has taken place seeing the area change from the largest port in the world in the 19th century to an area of decline in the 20th century to the centre of finance it is today. As part of their fieldwork they completed environmental surveys, land use surveys and interviewed members of the public to find some interesting results! The students then went to the London Docklands Museum, where they discovered information linking to their history lessons about the Docklands historical role in the slave trade and how the area was affected during the Blitz. They also learned more about the redevelopment of the area by the London Docklands Development Corporation. This was an excellent learning experience for the students to experience Geography and History outside of the classroom.

Kirpa 9.T: "I found today really interesting! I learnt more about how important this area was in the past and the connections it has to other countries around the world. I especially liked the museum as there was so much to see. Sailortown was my favourite part, it is an area that looks like what the Docklands would have been like during the Victorian Era."

The London Docklands is a free museum and has weekly free talks – I recommend a visit over Easter if you've not been before!



Ms Colder, Head of Humanities

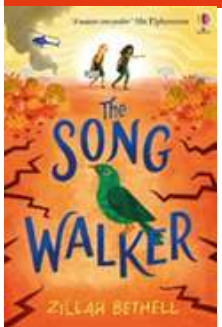
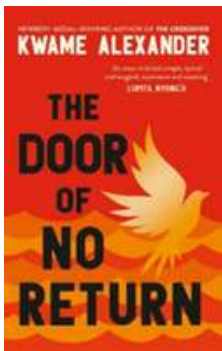


Library News

We have launched the annual sponsored read for our Year 7, 8 & 9 students. Not only is this a great way to encourage students to relax and read for pleasure but the proceeds go to helping children and young adults who are in hospital, often for long stretches.

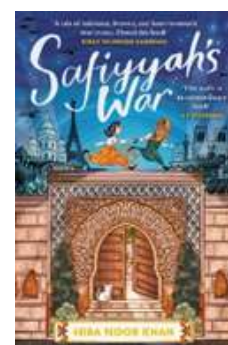
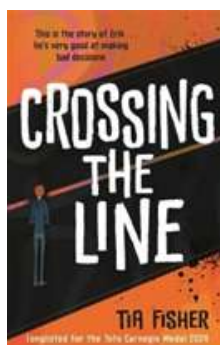
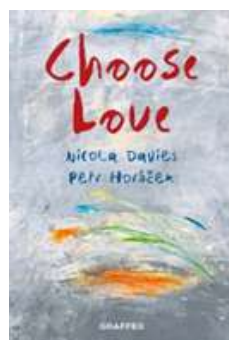
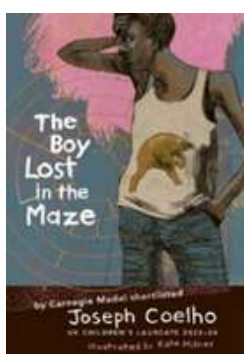
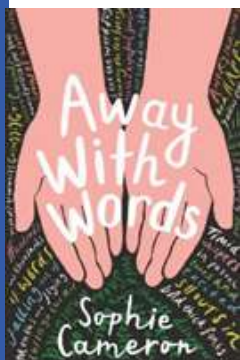
Each student is asked to choose what they want to read and to return the sponsorship card with a minimum of £1 from now until after the Easter holidays. As this is the time of Lent and Ramadan, students can donate the money they would normally spend on sweets and treats. In addition, adults are invited to sponsor their daughter. Amazingly one student returned her card with £136 to go to the charity!. This is a school record!

For more details visit www.readforgood.org



The 2024 Yoto Carnegie Medal for Writing **shortlist** is (alphabetical by author surname):

- **The Door of No Return** by Kwame Alexander (Andersen Press)
 - **The Song Walker** by Zillah Bethell (Usborne)
- **Away with Words** by Sophie Cameron (Little Tiger)
- **The Boy Lost in the Maze** by Joseph Coelho, illustrated by Kate Milner (Otter-Barry Books)
- **Choose Love** by Nicola Davies, illustrated by Petr Horáček (Graffeg)
 - **Crossing the Line** by Tia Fisher (Bonnier Books UK)
 - **Safiyyah's War** by Hiba Noor Khan (Andersen Press)
 - **Steady for This** by Nathanael Lessore (Bonnier Books UK)





Music News

Year 9 Options – Why choose GCSE Music?



Music will provide transferable skills:

GCSE Music involves written, analytical, practical and social/personal skills.

Both employers and universities see creative subjects as assets:

Increasingly, employers and universities are looking for young people who have skills that are learned through creative subjects: creative thinking, emotional intelligence, adaptability, communication and tenacity to name just a few. And universities are keen to attract students who have a well-rounded education and achieve good results, no matter what the subject.

Music is an academic subject in its own right, but it actually benefits other subjects too: A recent study in the UK found that playing a musical instrument appears to enhance general performance in other subjects at GCSE as it benefits learning by activating all areas of the brain; auditory (sound processing); motor (rhythm processing); and limbic (emotions).

Where could GCSE Music lead?

- The arts/creative industries;
- Medicine, law, accountancy;
- Any other pathways.

Watch this helpful video to find out more...

<https://youtu.be/lyTggl-uZzw?si=qTTQoZLEF0k3XU9R>

Ms Deller, Subject Lead, Music

RELIGIOUS EDUCATION

Religious Education News

On Monday we were delighted to be hosted by one of our eight 'sister' schools, Brentwood Ursuline, for a student conference. Our schools regularly work together to support Ursuline Links and the Ursuline Education Community. Over the years a number of our girls have attended volunteering projects here and abroad as well as deepening their understanding of what it means to be an Ursuline student, facing the challenges of contemporary living. Pupil delegates in Year 9 and 10 gathered to share their common experiences of life in an Ursuline school, we were treated to a tour of the school and pupils also discussed how we were developing and embedding the Ursuline Student Profile and values throughout our various schools.

Visiting another Ursuline school, as well as being surrounded by fellow 'Ursuline Sisters' was a brilliant idea. The students from the other schools were really friendly and amicable. The Brentwood Ursuline school's location itself was really big and a lot to soak in, all in one day too, but extremely interesting. If I was to be invited to such a trip again, I'd agree with no hesitation!

Shraddha P. Year 9.

Travelling to another Ursuline school in Brentwood enabled me to take more of an understanding of what it means to be an Ursuline girl and helped me to understand the student values more. I really enjoyed meeting different people from different Ursulines!

Katherine L. Year 10



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

RELIGIOUS EDUCATION

Religious Education News continued...

Christian Education Project: Workshops

The Christian Education project were back in school to offer their 'Prayer Spaces' workshop during Lent. During the week RE classes were invited into the chapel moving in a carousel between a number of tactile, interactive bases. The Prayer spaces are set around different themes designed in conjunction with the school.

This year our school theme was Peace. The pupils considered the need for 'inner peace' as well as their deep concern for all international conflicts. One of our Ursuline values is loving and compassionate, and the students were able to reflect on this too.



Year 12 General RE Talk: Missio

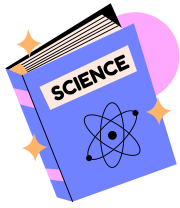
We were delighted to welcome a representative from Missio to give a Year 12 General RE talk on Monday afternoon. Missio is the Pope's official charity for international mission and evangelism. Their mission is to; 'Ignite God's love by helping local missionaries to work alongside global communities that are poor or in need, regardless of their background or belief'. The talk began with a reflection on the life and work of St Angela, her faith and mission, and her determination to fulfil her vocation in an environment that was hostile towards what she saw as her calling. The students were then asked to consider what their own mission might be. What qualities have they developed to ensure that they are doing the work the God has called them to do? How will they discern the right direction to take?

The talk ended with information about the work of the charity. With a focus on their current projects supporting communities through education and agricultural support in Northern Nigeria.

For more information about Missio, or to make a donation please click on the link <https://missio.org.uk/>

Ms Semambo, Teacher of Religious Education.





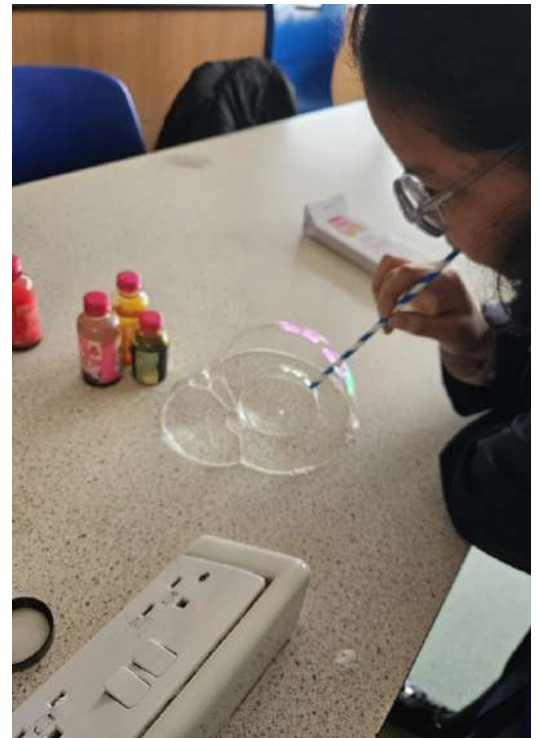
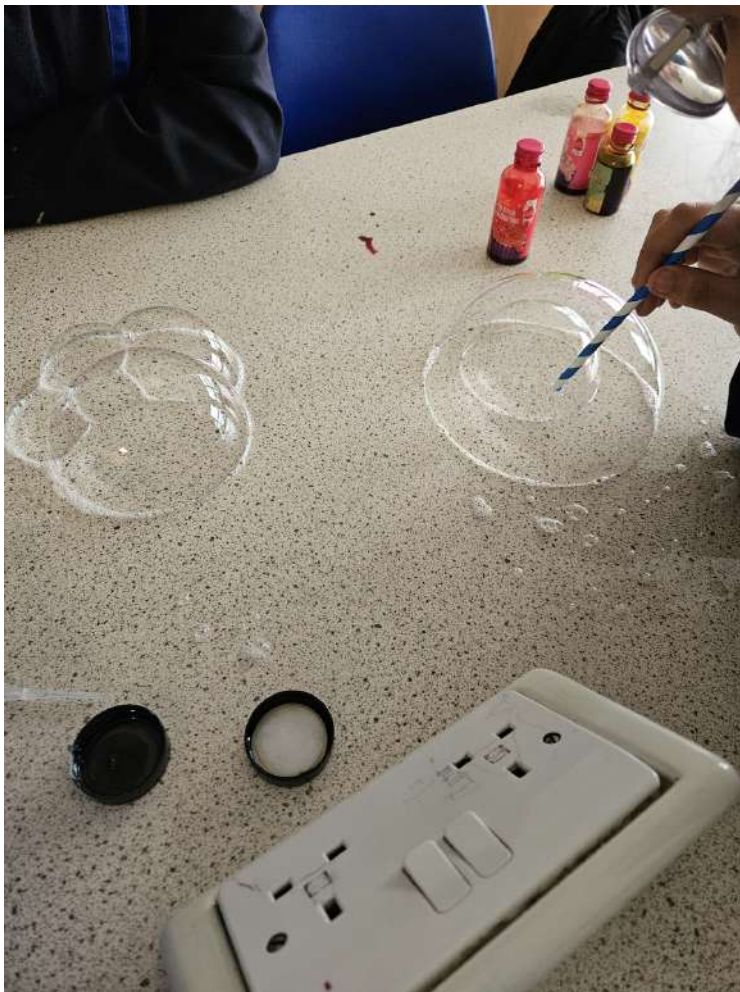
Science News

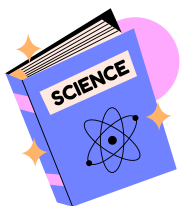
Forever blowing Bubbles!

This week in Science club we looked at the Science of Blowing bubbles, simple but very exciting at the same time.

Bubbles use elasticity and surface tension to form. A bubble is a thin film of soapy water. A thin layer of water is sandwiched between two layers of soap molecules. The shape of the bubbles is determined by surface tension. This is what holds the bubble together.

We thought we would try and blow bubbles inside other larger bubbles, some were successful in this and made multiple bubbles inside other bubbles, well done!





Science Week

From the 11-15th March, the Science department celebrated Science week with a number of activities on the theme 'Time'. Ms Tallat delivered engaging assemblies to KS3 and KS4 students focusing on the theme throughout the week and on the many events lined up as part of the celebration. All year 7 students had the opportunity to make a time chamber in their Science lessons, a device that can be used to capture time when creating drawings or images. Skills developed include teamwork and observation.

Year 8s explored the history of the universe and they created a timeline of their own, ordering some events over 13.8 billion years back to the beginning of the universe. This involved, organisation, a lot of teamwork and skills in their collaborations.

At lunchtime, students also took part in practicals investigating rates of reactions (Chemistry), the effect of caffeine from coke on reaction time (Biology), making and testing a cotton reel car (Physics). Many thanks to the Science technicians, colleagues in the Science department and our sixth-formers who made this event possible.

Feedback and photographs from the week:

I had a really exciting time testing out the reaction time experiment and learnt that whatever you drink beforehand can impact your test overall. The best part was getting to drink the coke and seeing how fast I could catch the ruler.

Annabel 10T

I like the coke reaction time experiment, it was fun. Also in lesson we did a Science Week theme lesson where we did a time line of my life. **Aleeza 8C**

I liked the activities. They were fun and I enjoyed them. The best part was the reaction time experiment. I learnt that people's reaction get slower after drinking coke and some people react very fast but other people are slow. **Manahil 7T**

Dr Osei-Owusu, Acting Head of Science



We are all aware of mental health problems among young people and the difficulty to find professional and timely help. On Tuesday, 12 March, our Year 13 students took part in a presentation by Bernadette Fisher and Charlotte Walker about the work of BCCS (Brentwood Catholic Children's Society), a charity delivering mental health and emotional wellbeing services in schools across Essex and East London, one of them being our school. BCCS provide one-to-one counselling and in-depth training programmes to children, parents and staff in schools and direct therapeutic support to children and families in house. Bernadette stressed how the present cost of living crisis puts added pressure on children and families.

After the talk she wrote "Thank you for the warm welcome we received today at UAI, Year 13 were wonderful – responsive and respectful and a real credit to your school... Quite a few students stayed to speak to us at the end, one is interested in becoming a trustee, others showed interest in our work, and some girls would like to do some fundraising for us."

As part of their 40-year anniversary BCCS are promoting teddy bears for fundraising, so watch this space for how our students will use them!



Mr McGhee, Extended Leadership & Head of Religious Education

Last Friday, on International Women's Day, our 6th form students visited KPMG offices in Canary Wharf for an empowering all female career focused workshop. Sessions were run by people working for KPMG across all businesses. Students met with apprentices who gave a guided tour of the incredible building and answered many, many questions on their experiences of working in Canary Wharf on an apprenticeship scheme. Students also completed a task where they presented their ideas on how they would solve various issues such as increasing speed and help an ambulance can provide. All students gave impressive, forward thinking and ingenuitive ideas which received very positive feedback.

Students had the following feedback from the visit:

Staff/helpers provided useful and valuable information about how it is working in KPMG as a whole, the activities we completed helped us build on already existing skills of teamwork and problem solving – **Melissa 12C**

It was very informative and broadened my understanding of apprenticeships and working in the city. It inspired me to consider a career in the finance sector and work in such a office. – **Mahima 12C**

Students were inspired and excited about potentially working in the city in the future.



Ms Basi, Head of Year 13



Careers News

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



Virgin Media O2 are offering a **limited number of spaces** on a virtual work experience program the first week of the Easter holidays. This is for young people aged 14 - 16.

[CLICK HERE](#) for full details to apply, add the code VM02C2



For a successful and rewarding career in personal taxation without the need for a university degree, consider Dixon Wilson as an employer of choice.

What We Offer: Tax Apprenticeship Scheme
As part of our Tax Apprenticeship Scheme, our trainees will combine work with studying

towards professional qualifications. Successful candidates start with study towards the ATT (Association of Taxation Technicians), followed by further studies towards the CTA (Chartered Tax Advisor), the highest level of tax qualification in the UK. The ATT and CTA qualifications form a four-year Level 4 & 7 apprenticeship programme with Dixon Wilson.

We pay all the costs for professional exams, including tuition courses, study manuals, textbooks, and examination fees for the first sitting. During the tax apprenticeship scheme, trainees will receive paid study leave to attend the tuition courses and exams.

Apply today!



For our **12th successful year**, we will have over **40 different mentors** representing nearly **50 industries** and career journeys for **13 – 20-year-olds** to interact in an afternoon of “Speed Mentoring”.

Sunday 17th March 2024

14:00 – 16:00 Hrs

**Nuffield Hall, London Business School,
Regent's Park, NW1 4RG**

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	GCSE Students
	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				

10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.

