



Ursuline Academy Ilford

Weekly News – 2023/2024 Issue 25
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 approach the end of term and look forward to the wonder and joy of Easter I want to remind everyone that at the Ursuline Academy the safety of our students is our top priority. With this in mind, please read this safeguarding and wellbeing update from Mrs Gardiner our SENDCO & Inclusion Assistant Headteacher:

- If your daughter experiences any changes to a medical condition [including newly prescribed medication] please contact us to arrange a meeting with their Head of Year to. It may be that a Health Care Plan will need to be devised or an existing plan, updated.
- If you need to inform us of any information which may impact your daughters' wellbeing during school hours, please ring the school reception and speak to a member of staff about this. The message will then be passed onto the Pastoral team to ensure appropriate and prompt action is taken.

Last night the school hosted it's first Open Iftar event. Mrs Ahmed and the Islamic society organised a beautiful evening. The full Governing body members attended for we also had our termly meeting last night. There will be some great photos in next week's Newsletter. In the meantime, please do read on for there are so many articles below showcasing some of the many activities and events we have here at UAI.

Fiona Stone headteacher@uai.org.uk



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Chaplaincy News

Pope Francis@Pontifex – 21st March 2024

With the help of the Holy Spirit, each of us can sow seeds of hope and peace, in our own small way and particular state of life. [vatican.va/content/france...](https://www.vatican.va/content/france...)

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

March: Vigilance

22nd March: Above all, be on your guard not to want to get anything done by force.

23rd March: In these pestilential times, you will find no other recourse than at the feet of Jesus Christ.

24th March: My Lord, I beg you to accept my free will, all of my own will, which of itself does not know how to discern good from evil.

25th March: Kindly be attentive, with great and longing heart.

26th March: Let charity always burn in our hearts!

27th March: Do everything with discernment and maturity of judgement.

28th March: You must make a sound and firm resolution.



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

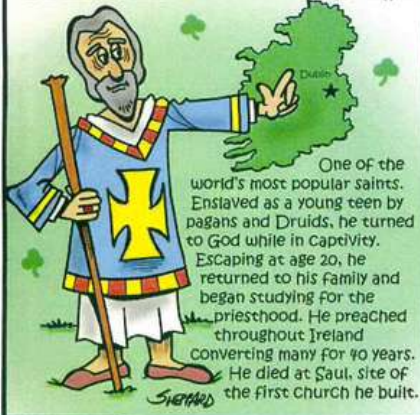
'the Day of the Festival of Patrick', is a religious and cultural holiday for many people of Irish decent. 17 March is the traditional death date of St Patrick (c. 385 – c. 461), the foremost patron saint of Ireland.

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!



The Ursuline Academy Ilford

Lenten Food Donation:

Thursday 28th March



We ask that you kindly donate any unperishable food items such as tinned food, rice, biscuits, cereal, pasta, instant noodles, sauces etc. These foods will be taken to our local food bank and distributed to those in need our local area.

LENT 2024











The Deadline for donations is **Wednesday 28th March.**

All food donations can be taken to by Form Chaplaincy reps and Form tutors to boxes which will be placed in Mr Challis' office.

Please give wisely and generously.

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!

Amazing People – The community heroes honoured with awards.

Isn't it great when you see a young person get recognised for the amazing work they do for their school and community! **Nahian Joyeta – IIT** won the Redbridge Young Person of the Year Award 2023!

A wonderful story and such an inspiration to all of us, keep up the great work Nahian and congratulations on your continued success, SERVIAM!

<https://www.ilfordrecorder.co.uk/news/24185284.mayor-redbridge-community-awards-sees-heroes-honoured/>



Runner-up Abigail Saltman (left), Olivia Carter, Mayor Jyotsna Islam, Peter McCafferty, with winner **Nahian Joyeta** (right). (Image: Sandra Rowse)



The mayor with all the Award winners at the ceremony. (Image: Sandra Rowse)



Business News



Ursuline girls recently embarked on an enriching trip to Bank of America, where they were warmly welcomed by Derrick (Host) and Kate Eggers, Senior Vice President and Talent Acquisition Manager of Global Human Resources.

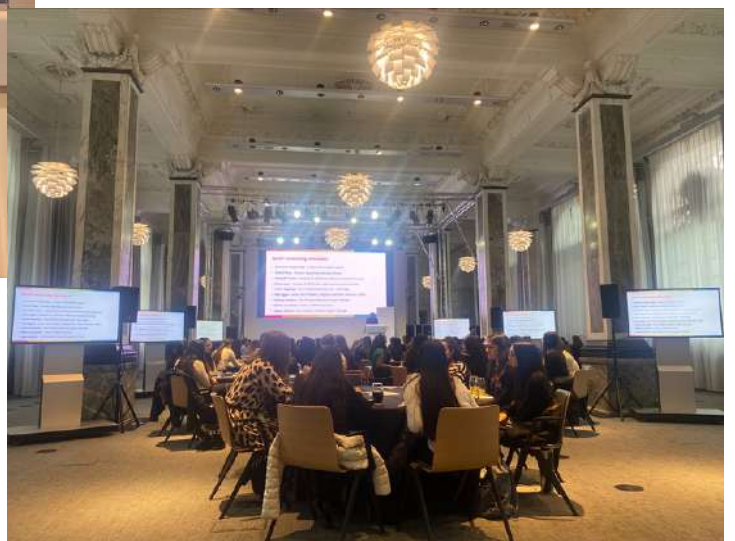
They engaged in a session of speed networking, providing the students with the chance to connect with various professionals from different departments within the organisation. This interactive activity allowed the girls to ask questions, share their aspirations, and receive valuable advice from seasoned professionals.

They also had opportunity to explore new surroundings and gain a deeper understanding of different communities and cultures.

The excursion to Bank of America and Farrington was not only educational but also inspirational for the Ursuline girls. It provided them with firsthand exposure to the corporate environment and encouraged them to envision the diverse career opportunities that lie ahead. The trip fostered a sense of curiosity and a desire for continuous learning among the students.

Overall, the day was a success, thanks to the warm hospitality of Bank of America and the guidance provided by Kate Eggers, Mrs. Ahmed, and support of Ms. Guy.

The Ursuline girls returned with newfound knowledge, inspiration, and a greater sense of empowerment to pursue their dreams in the ever-evolving world of business and beyond.



Ms Ahmed, Teacher of Business

Collaborate to Innovate Finalist!

On the 29th of February, Micros Cosmos and Spazio Verde were able to attend the Institute of Civil Engineering building in central London, an event where we were recognised for our work as women in stem along with having the opportunity to be shortlisted for the 'Stem Initiative' category.



Khaira Ali: Although we may not have won, it was more than amazing just to experience the hard work we and others had presented, and we were inspired by the many stories of the people we began to network with. The winner of the 'Stem initiative' was a young boy of 9 who, despite his age, had an extraordinary vision of creating a turbine which powers radios in cars, to become more environmentally friendly. Talking with himself and the team of engineers behind him, proved that anyone can do STEM if they have brilliant ideas. Personally, this event would not have been the same if we didn't have the opportunity to talk with other young minds. It's not always about winning; highlighting the importance of networking and social connection really created a positive outlook on the future for me and the team.

Duaa Akbar: This event was truly something else, offering a memorable experience from start to finish that I'll always hold dear. Having my teammates there made it even better, as we all got to learn a lot about not just our own careers but other potential paths too. Attending an event where I could rub shoulders with CEOs was undeniably cool too! Interacting with such influential figures added an exciting dimension to the whole experience which was more than just a networking opportunity; it was eye-opening and inspiring. Overall, it really emphasised the power of teamwork, connections, and the power of never-ending curiosity in the professional world. We managed to capture the sight of Big Ben on our way in Westminster which added to the entire experience!



Zahra Mujtaba: This event has been an exciting experience for me. I interacted with various people (including students, business partners and CEOs, etc. who genuinely wanted to share and help us on choices and options for the future) and I left gaining insights into many different career paths I wasn't aware of. The whole atmosphere and place were breath-taking - from the beautiful architecture of the building to the people inside it. There were many ambitious and high-achieving people gathered together in one room and when they shared their knowledge and struggles with me, I realised I want to be just like them.

Someone who thrives for the best even when times are against them. Furthermore, during the final round of deciding the winners, although my teammates and I didn't win, I was extremely grateful to still be part of it. Getting to this stage in such an awe-inspiring building, we already felt like winners! The fact that I was there with my teammates and friends and my experience is a wonderful memory we can look back on with fondness and great sense of inspiration.

Nahian Joyeta: The night felt very magical as the event was hosted at the Institute of Civil Engineering, situated in Westminster, which felt very lavish with its heritage. We had an amazing time networking and meeting people from various sectors of Engineering and beyond. It was fantastic seeing all the collaborations, innovative ideas, and inventions, and I particularly loved the medical drone project as it shone a light on the power of collaboration and teamwork in many different fields not only engineering. The project is very revolutionary as its implementation will mean patients can get lifesaving treatment and blood work done immediately instead of having to wait; this same idea also applies to organ donations so you can imagine the importance of this innovative tech.



Veda Ramineedi: The trip occurred in the Institute of Civil Engineering Head Office, which was an amazing experience for me to network with different people in STEM careers and allowed me to learn how to communicate with professionals during the time there in the evening. The trip also enabled the team and I to see other amazing projects from people and to be inspired by them for the future.



Our finalists with the Technology Director of Babcock International Group, Mr. Andrew Munday.



English News

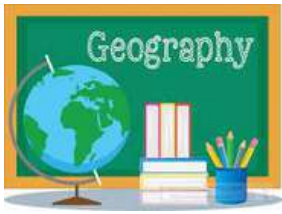
Year 10 go the Globe!

10a and 10b attended a production of Romeo and Juliet at the Globe theatre this week. Students experienced live theatre and were extremely positive about the production. The production was a modern take on Shakespeare's famous tragedy and shone a light on how the issues within the play are still very much relevant today. The students thoroughly enjoyed themselves and commented on how the production really enhanced their understanding of key characters and events.

Thank you to Miss Mohammed, Miss Choudhury and Miss Agudelo who came on the trip also!

Mrs Riste & The English Department.





Geography News

EARTH DAY

Is on Monday 22nd April!

There will be activities/talks/competitions organised by the geography department and Eco-club.

Get involved with the photography competition to be in with a chance of winning a virtual reality experience for your whole form!

Make Everyday EARTH DAY



Everybody do your share

Wildlife and Nature Photography competition!

To enter the competition over Easter take a photograph of some wildlife, such as wild animals or a photograph of nature, such as a flower/trees.

Then submit this on Satchel One before the 17th April to be in with a chance of winning a virtual reality workshop for your whole form!

There is only one entry per student. Any questions please see Miss Colder.

This is open to all year groups.



Health & Social News

Health and Social Care Careers Event

A selection of year 12 and 13 Health and Social care students went down to the Redbridge Town Hall for a careers fair where they got to meet many educational providers and organisations within their field.

All the students managed to sign up for volunteering placements that will help with building up work experience for various careers that they could potentially go into in the future.

The highlight of the event was probably all the freebies that they managed to bring back with them, we just couldn't say no to free stationary, stress balls, and coffee mugs!





Library News

Did you know that Redbridge Libraries Can Offer the following and More?

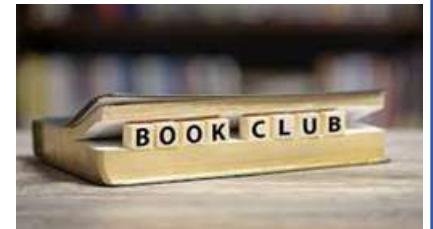
Your library whenever you want it!

Commuting to work can be a good time to catch up on your reading. Check out our virtual library and start downloading books, audiobooks, magazines, newspapers, and films whenever you want!



Book Enthusiasts Group

Love reading and want to share the experience with others? Join our friendly book group at Redbridge Central Library and meet other book lovers. The group meets on the last Tuesday of the month from 2pm to 3pm.



We also support many other reading groups in the borough. If you are interested in joining one or would like to set up your own club, then we can help. Speak to a member of staff at your local library who can advise you of group meeting times, availability of space to host your own group and book sets your group can borrow for free.

Writing Groups

Choose from the Wanstead Wordsmiths who meet monthly at Wanstead Library or Write Next Door, our weekly writing group that meets online at 4.30pm every Tuesday. All levels of writers are welcome to share their poetry and prose in a supportive environment



1-1 IT Support

If you or someone you know needs help with IT skills then don't worry, we're here to help! We're offering basic IT skills help at our libraries and can even help you fill out forms like blue badge applications and freedom passes. Please contact your local library as times of sessions vary at each library.



Board Games Club

Pop along to our weekly adults only board games club at South Woodford Library every Thursday. Meet new people and choose from Scrabble, Cluedo, Dominoes & loads more! All levels are welcomed.



Ms Finlay, Librarian



P E News

Rowing

On the first of March 28 students from Years 7 to 13 travelled to the Copperbox in Stratford to compete in the 2024 National Junior Indoor Rowing Championships (NJIRC). This is a massive event with 2000 competitors on the day, with over 100 Ergs (which are indoor rowing machines). There were activities for the competitors to do while they were waiting for their time to compete.

The events kicked off at 9.30am with the year 13's. Ursuline had three competitors taking time out of their studies to compete, our longstanding club members and mentors **Isabel, Jess** and **Aliyah** finishing 9th, 11th and 17th. Ms Keogh and myself would like to thank them, as well as Lois (who didn't compete on the day) for their commitment throughout their school years at rowing club!

All of our students gave their all during their timed row, Year 7's rowed for 2 minutes with the other year groups rowing a minute more per year group. Most of the girls smashed their previous best performances which is amazing!

The top performers in each year group nationally were as follows:

Year 7 **Precious L** 49th

Year 8 **Maya** 47th

Year 9 **Azzurra** 28th and **Gabriella** 33rd

Year 10 **Lilly** 134th

Year 11 **Brunelle** 42nd

Three relay teams also participated. This is a fun event where the team have to row a certain distance changing over who rows as and when they want (depending how tired they are!)





PE News Continued...

Netball

On Monday the 11th of March the Year 7 and 8 netball teams finally got to play a match after two previously arranged fixtures were postponed by two schools. Playing away to Valentines, the Year 8 team was up first against a team who had some Year 7's to make up their numbers. A slightly messy game that saw our Year 8's win 2-0. Player of the match, voted for by the opposition, was our Centre, **Victoria**. Next on were the Year 7's who played against 3 Year 7's and 4 Year 8's. They played well to hold them to a draw 1-1. Player of the match was **Noor** who stepped in to play Goalkeeper and did an excellent job!



**Mrs Mansell,
Teacher of PE**

EASTER HOLIDAY CYCLING COURSES

Develop your cycling skills!

Course Timetable

3-6 yrs	Ready, Set, Ride 2.30pm - 3.30pm	2-10 Apr	£30
3+	Balance Bike 10.30am - 12.30pm	8 Apr	£15
5-10 yrs	Novice Go-ride 10.30am - 1.30pm	9 Apr	£15
7-14 yrs	BMX 10.30am - 1.30pm	10 Apr	£15
7-14 yrs	Mountain Bike 10.30am - 1.30pm	11 Apr	£15
7-14 yrs	Road Bike 10.30am - 1.30pm	12 Apr	£15
6-106 yrs	Learn to ride 1-1 coaching (1hr sessions)	Call the centre	£35



£5 Bike hire
charge if required



Redbridge Cycling Centre
Forest Road, IG6 3HP

Booking Required!

Call: 020 8500 9359

Visit: vrcl.uk/cycling



Developing cycling skills during the school holidays - Easter Holiday Courses 2024

To book or for more details please call 0208 5009359, with payment by debit or credit card. Ages are for guidelines only so please call the Centre to check suitability of course for the child. A parental consent form is also required prior to the session. Courses are all held outdoors so please be prepared for inclement weather. Refunds will only be given for course cancellations by the Centre.

Redbridge Cycling Centre

Forest Road

Hainault

IG6 3HP

0208 500 9359

Twitter: @TheHoggenberg

Facebook: Redbridge-Cycling-Centre

Email:rcc@vision-rcl.org.uk

www.redbridgecyclingcentre.co.uk

Balance Bike Skills Ages 3+ Price £15.00 (Price includes balance bike)

Monday 8th April

10:30 start for 2 hours

The best way to introduce riders to getting used to balancing without stabilisers. Fun two hour session with techniques and games in our coaching area.

BMX Skills 7-14 yrs – Price £15.00 (+£5.00 for bike hire)

Wednesday 10th April

10:30 start for 3 hours

Suitable for competent cyclists who wish to try BMX, this course is an introduction to the basic techniques needed to ride the BMX track safely. Riders must be able to cycle standing up on the pedals out of the saddle to do this course.

Mountain Bike Skills 7-14 yrs – Price £15.00 (+£5.00 for bike hire)

Thursday 11th April

10:30 start for 3 hours

An ideal taster session which is suitable for riders who have limited off road cycling experience who would like to try mountain biking.

Road Bike Skills 7-14 yrs

Friday 12th April 10:30 start for 3 hours

An introduction session that is suitable for riders who are competent cyclists and would like to try road racing bikes and techniques. Minimum height 138cm

Learn to ride – Ages 6 to 106!

Redbridge Cycling Centre offers one to one coaching for adults and children (we recommend 6 years and over) to learn to ride. In the last year the Centre has hundreds of people how to ride and it is never too late to learn! Sessions can be booked according to your schedule and are £35.00 for 1 hour, which includes a bike, helmet and instruction. Most people pick up the basics of riding within the hour and do not require any further sessions, however the Centre can also provide follow up sessions or refreshers if required. Please note these sessions are very popular and there may be waiting list in operation depending on demand. Call 0208 500 9359 for further information or to book.



Politics News

We are delighted to share with you a recap of an exciting event that took place at our school last week! We were pleased to host Wes Streeting, Member of Parliament for Ilford North, as he joined us to engage with our A Level Politics students and visit the Art Department. On Friday 15th March, Mr Streeting visited our school to share his insights and experiences as a prominent figure in British politics. His visit provided a unique opportunity for our students to gain firsthand knowledge about the workings of government, the role of parliamentarians, and the importance of civic engagement. During his time with us, Mr. Streeting delivered a talk tailored to our A Level Politics curriculum, covering topics such as Health and Social Care, the legislative process, and the responsibilities of elected representatives. Following his presentation, there was a Q&A session where students had the chance to ask questions and engage in meaningful dialogue with Mr Streeting. The visit was both informative and inspiring, offering our students a valuable glimpse into the world of politics and public service. We are grateful to Mr Streeting for generously giving his time to visit our school and interact with our students. His visit undoubtedly left a lasting impression on our aspiring young leaders.

We extend our heartfelt thanks to everyone who attended and participated in making this event a success.

The visit from Wes Streeting follows from a UAI Politics event on Thursday 7th March where Sam Tarry MP for Ilford South visited our school and ran a highly engaging session for Year 12 and 13 Politics students on careers in politics. Sam Tarry gave very generously with his time and gave an interesting and informative account of his career in politics, which I know our students found very inspiring. They also had a chance to ask questions on a range of local, national and international political issues. On both occasions our students were a credit to the school with their thoughtful engagement and well considered questions. These in-school events for A Level Politics students follow on from a trip to the Supreme Court and the Houses of Parliament earlier this term where students toured the House of Commons and the House of Lords and also spent time in the Parliament Education Centre, where Sam Tarry also met with us to answer questions on his role as an MP. So, it's been a busy term for Year 12 and 13 Politics students with a range of opportunities provided to bring politics to life and we look forward to future opportunities to engage with politicians and visit important political institutions as the year progresses.



RELIGIOUS EDUCATION

Religious Education News

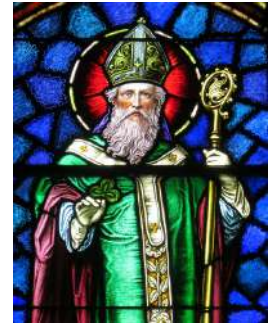
During this period of Lent and as we prepare for Easter, we remember Jesus and the sacrifice that he made for us. This week we have been following the stations of the cross with each of our classes to reflect on the suffering that Jesus endured in the final hours of his life. We also reflect and remember the people who were with him during this time. We consider the pain of others and how we can support them in their darkest hours.



Ms Eakins, Teacher of Religious Education.



St Patrick's Day

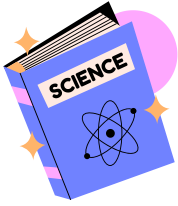


On Friday the 15th March our Year 8 and Year 9 students took part in some really fun Irish Dancing workshops in preparation for St Patrick's Day, which was celebrated on Sunday the 17th March. St Patrick is the Patron St of Ireland and he is credited with bringing Christianity to Ireland during the 5th Century.

St Patrick's Day is celebrated all around the globe annually with festivals, parades, music and dancing. Irish dancing has been around for centuries but has evolved over time.

Sean nós is a more relaxed form of Irish dancing which originated in the West of Ireland, however, the dancing that we know today became popularised in 1994 when Riverdance first performed during the Interval of the Eurovision Song Contest in Dublin!





Science News

Snail Racing

This week we planned on racing snails which unfortunately didn't go to plan as they refused to move and the ones that moved did so too slowly to count as a race.

We decided to shift the plans and carry out a practical that sixth formers do with the snails by testing their reaction times to being gently tapped with a cotton bud.

The girls seemed to have really enjoyed having the snails around and got attached to them in the short period of time we had them!





Careers News



Applications for the free National NHS Virtual Work experience programme have now reopened for spring! This programme has supported over 30,000 secondary school students obtain free work experiences last year. Virtual work experiences have been accepted by the Medical Schools and Dental Schools Council as valuable alternatives to in-person shadowing, backed by the Health Education England Discovery report on the impact of virtual work placements.

This programme is brought to you by Birmingham Universities Hospitals Trust in collaboration with Medic Mentor, and it is completely free. Not only is this a reliable alternative to in-person shadowing, but it also plays a significant role in preparing students for their in-person work placements with structured teaching and opportunities to speak directly with healthcare professionals. The opportunity is open to any student across the UK from 14 years old and above.

Students can apply for a placement, for free at this link:
<https://medicmentor.org/university-hospitals-birmingham-trust-virtual-work-experience/>

Northeastern University London. Get Ahead: Year 11 Summer School

We know the jump from GCSE to sixth-form or college can be nerve-wracking for many students. Our Year 11 Summer School will give your students the confidence they need to tackle sixth-form or college from their very first day in September.

They will learn study skills, wellbeing tips and how to budget, as well as participating in academic sessions in Law, Computer Science, Psychology, History, English and Philosophy. They will also have the opportunity to experience a taste of university life by spending time at our campus in central London.

The summer school will be running from 30th July - 2nd August and comes at no cost to the student.

The deadline for applications is 31st May - make sure your students don't miss out!



Ms Finlay, Careers Coordinator

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				

YOUR GUIDE TO Group Chats

Group chats are a type of communication involving multiple users that happen on most messaging platforms. While they have been around since the invention of online messaging (think chatrooms!), popular use has grown in the last decade.

HOW DO THEY WORK?

Once a user creates a group chat on a messaging platform, they can:

Choose the name of the group & select a group photo

Set up the sharing and privacy settings

Add other users as members of the group



After the group is set up, users can:

Video or voice call all members of the group at the same time

Message into the chat

Send photos/videos/GIFS/voice notes

Tag other group members in specific messages

Who can be in a group chat?

Anyone can be in a group chat as long as they are a user on that platform. Most platforms have age restrictions (usually 13+) but there are not always robust age verification processes in place.

Why do young people use them?

- Stay connected to friends, family, or teammates.
- Send important information to multiple people.
- Discuss specific interests or events with others.
- Organise meetings for school, work, extracurriculars, etc.

More than 8 out of 10 parents

are concerned their child will be cyberbullied on a group chat.

The Risks of Group Chats

Bullying. Many young people have reported being left out of group chats, experienced bullying within them or have been made fun of in a chat they weren't included in.

Image sharing. Young people may feel pressured to share sexual imagery of themselves. Even if they choose to share an image with just one person, they may lose control if it is shared in a group chat.

Disappearing messages. A function of many group chats which allows users to delete messages or automatically make them vanish after a set time (e.g., on Snapchat) which can present opportunities for bullying or coercion when sharing inappropriate images.

Information leak. Being in a group chat could unintentionally lead to private information being shared, such as mobile numbers or live locations.

Stranger interaction. A young person may not know everyone they are in a group chat with, potentially exposing them to harmful interactions.

Inappropriate content. If someone sends in something that is inappropriate, it may expose a young person to content they weren't prepared to see.

Excessive screentime. Some group chats might be receiving messages 24/7, which could draw a young person's attention at inappropriate times!

When using WhatsApp, images can automatically save to the user's camera roll, unless adjusted in the settings. This may lead to young people unintentionally possessing harmful or illegal images by default of someone else sending them into a group chat.

The most important thing you can do for a young person is to ensure they know who their trusted adults are and that they can always talk to them without fear of consequences. **Here are some other preventative steps that you can take:**

- 1. Ensure they understand what information should be kept private.
- 2. Talk about appropriate behaviour towards others online.
- 3. Discuss the risks of sharing nude or semi-nude images.
- 4. Enable and review privacy settings together - use our Safety Centre to help!
- 5. Teach how to block, mute and report other users or chats.
- 6. Adjust auto-saving settings on WhatsApp.
- 7. Set family rules and screentime limits on devices.

Group messaging functions exist across various social media and gaming platforms. The most common way 3-17-year-olds interact online is through communicating via messaging/video platforms. **The most used apps for this are:**



If a young person does seek your help...

- Listen and reassure them that they have done the right thing.
- Include them in any decisions that follow.
- Screenshot evidence of bullying as soon as possible.
- Only ban the use of the platform where necessary for their safety.
- Involve parents or relevant staff if children are at risk.
- Contact organisations who can help.
- Do not respond directly to harmful or hurtful messages.
- If you believe a child is in immediate danger, contact the police without delay.

SOS

NEVER SCREENSHOT AN INDECENT IMAGE OF A CHILD!

