



# Ursuline Academy Ilford

Weekly News – 2023/2024 Issue 28  
26th April 2024



## Upcoming Events

**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

**Annual Prizegiving**  
Wednesday 17 July  
6.00 – 7.30p.m.



## Headteacher's Headlines

Dear Parents/Guardians,

On Monday we celebrated Earth Day at the academy. The Eco club (led by Ms Colder & Mr McCarthy) hosted a wonderful workshop for our Year 8 students, see photos on page 5.

Celebrating Earth day echoes Pope Francis' call in Laudato Si for ecological stewardship. Both emphasise our responsibility to protect and cherish our planet, urging sustainable practices and respect for all life. Earth Day rallies individuals and nations to action, echoing the Pope's plea for a collective effort to safeguard our common home.

I wanted to inform you about an incident that occurred on Tuesday, where an individual attempted to gain access to our building. Thanks to the quick thinking of our staff, the situation was swiftly handled, and the police provided immediate support and the person did not gain access to the main site at all.

In hindsight, I recognise the importance of timely communication, and I apologise for any uncertainties this may have caused. Moving forward, I will ensure to keep you informed promptly in case of any critical incidents affecting our students.

I kindly request your support in discouraging gossip or rumours among your daughters regarding this incident. I will address the matter with all pupils on Monday.

Our thoughts are with those facing mental health challenges. The safety of our school community remains our utmost priority, and I commend everyone involved for their quick and safety-focused actions.

If you have any concerns or questions, please feel free to contact me directly.

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



## Newsletter Contents this week:

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### Chaplaincy News

Pope Francis@Pontifex – 24th April 2024

Let us #PrayTogether for martyred Ukraine, Palestine, Israel, Myanmar, and for so many other countries that are at war. War is always a defeat, and those who profit from it most are arms manufacturers. Please, let us pray for peace!

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

#### April: Charity

26th April: Take care especially that they are united and one in will.

27th April: Be bound to one another by the bond of charity.

28th April: Rejoice together.

29th April: I am continually among them with Jesus Christ, the Lover of us all.

30th April: May you be motivated solely by the love of God.

#### May: Prudence

1st May: Do what you do in obedience, and not as following your own judgement.

2nd May: Blessed are those into whose hearts God has infused the light of Truth.





## Foodbank Visit

What a magnificent day!



Join us as we recount our rewarding experience spending an hour at the Redbridge Foodbank with 11J, donating food and spreading goodwill. Read on for our firsthand account and the impact of giving back to our community."

Here are some of the pupil's feedback:

'I really enjoyed this trip as we donated food to the less unfortunate. I learned that we should be grateful for what we have. The foodbank was very friendly, and I would like to volunteer one day.'

**Eima 11J**

'I found the experience at the Redbridge Foodbank to be really engaging, and it has helped me to be both mindful and grateful for the things I have and people who have less than I do. I believe it also helps in role of stewardship and I hope to volunteer again in wider aspect during the summer.'

**Zoe 11J**

**Ms. Posnakidou**

With my form 11J – **Eima, Zoe, Karmel** and **Aminah**.







## Football Tournament

England after its golden generation. Barcelona with no Lionel Messi. The Chicago Bulls without Michael Jordan and Scottie Pippen. As much as legendary sports teams must eventually come to end, they must also find a way to be reborn as something new. Such is the way with the Ursuline football team.

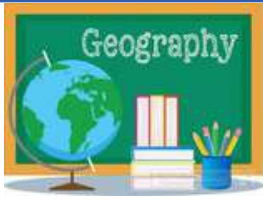
In the first tournament in our new era we began to build our identity against experienced adversaries. We were to play three games, the first two against formidable Trinity sides. Finding our feet, we slipped to 2-0 losses in both games, punished certainly in the second game for not taking chances and unfortunate deflections for both their goals. However, this was not to be a dark day for our fledgling squad, as sparks of creativity and technique had been seen in both early games.

Our final game was to be against Beal, and following an inspired tactical switch by co-coach Mr Okyere to put **Fola in 8U** up front, the team was dominant in possession and tenacious with the high press. The ball was in our court, but the ball needed to be in the opposition's goal for us to win the game. Eventually, with only minutes left on the clock, **Charisse in 7U** broke forward after a good tackle and fired a powerful drive into the bottom corner.

In what were the first games on grass for this team, managing to sneak a win and two losses is a great starting point for the next few weeks of games. Congratulations to all girls involved and thank you to all the staff who came along to support and help out.



**Mr Burt**



## Geography News

This Monday 22nd April was Earth Day 2024. The theme this year was the Planet Versus Pollution. The students watched a video about how our oceans, rivers and beaches are being affected by plastic pollution. Did you know it takes 450 years for plastic to break down? And even then, it will never completely disappear.

To celebrate Earth Day there was an environment photo competition. There were hundreds of brilliant entries which celebrated the beauty of our Earth. The winner of the competition was **Ana Desta (9.T)** and second place was **Christabel Ameyaw (7.U)**. Please see some of the photographs below.



On Monday there was a climate change virtual reality workshop for KS3 students. Students were transported onto an alien spaceship which was visiting the Earth and went to the Great Barrier Reef to see the impacts human activities, such as burning fossil fuels is having on the planet.

On Thursday David Saddington a climate change expert did a talk to KS4 and KS5 students. He spoke about his career in climate change advocacy working at COP27 and with the government to include climate change in the school curriculum. His talk was extremely important discussing the effects of climate change and how we can manage this threat.

For more information about work experience/ internships in green careers and volunteering make sure to look on Satchel where I will be posting different opportunities.

**Ms Colder, Head of Humanities**







**Ana Desta**



**Christabel Ameyaw**



**Naga Karthik**



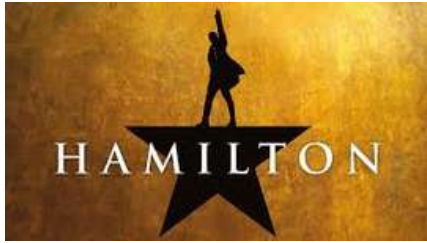
***Afrida Hossain***



***Rithika Sivasuthan***

**Congratulations  
to our  
Winners!!**





## Hamilton Trip

On Thursday 15th March 18 lucky Year 11 and Sixth Form students had the opportunity to go into central London to watch a matinee showing of Hamilton. The show has been a cultural phenomenon since its release on Broadway in 2015, winning numerous awards and making the journey to the West End in 2017. We were able to secure heavily discounted tickets for the show, and Sixth Form and Year 11 students were invited to attend if they studied History or Politics, and all students (and staff) were blown away by the experience. Despite a very busy Elizabeth Line journey back to Ilford, students were an absolute pleasure to take out, as always, and a credit to the school. Many thanks to Ms Cooper for organising such a memorable trip.

'The songs have been stuck in my head ever since, and the history was really interesting' – **Gyatri, Year 11**

'I'm speechless' – **Hritika, Year 13**

'Eye-opening' – **Alizah, Year 11**

'The show breathes new life into old history' – **Jessica, Year 13**



**Ms Mackie, Subject Lead, History**



On Wednesday, Year 8 attended a workshop ran by humanutopia called Who Am I. It was very interactive and got the students to work together in groups. The sessions were designed to get the students to reflect on their pasts and think about their hopes for the future. Feedback from the students:

'My experience with the workshop yesterday was amazing and one that I will always remember. At times we all had fun with each other, getting to know others, learning about cyberbullying and issues people have at school, and at other times we got emotional learning from people's experiences. My favourite part was when we got into groups and all showed teamwork with each other by playing games' **Maryam Ilyas 8T**

'This is one of the workshops I'll never forget. Sometimes we were all laughing and at other times, we felt emotional and people were crying. I learnt so much from this experience, such as the bullying people have to go through and their rough parts. I was inspired not let anyone judge, bully or discriminate me for who I am, and no one should have to go through people making fun of them for who they are.' **Mysha Ali 8J**



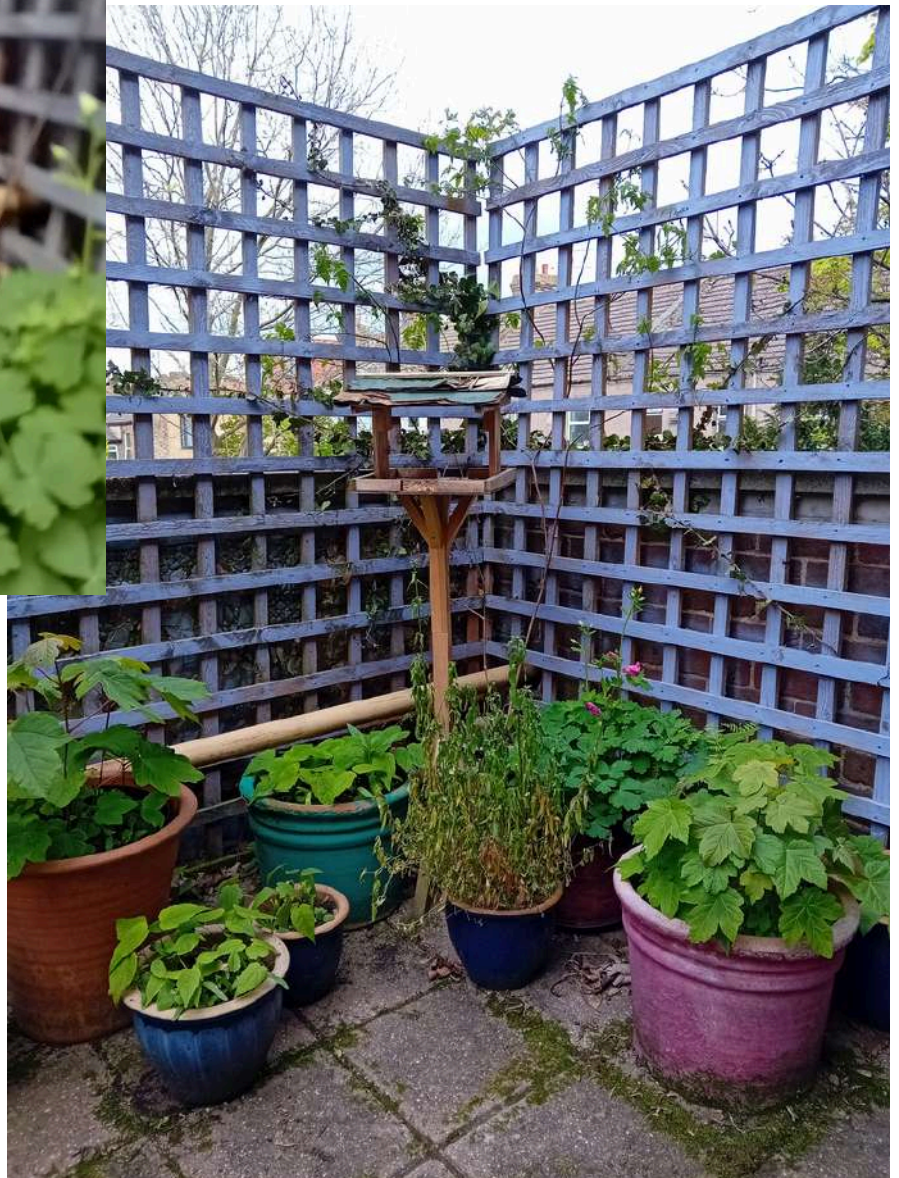




## Laudato Si Committee News

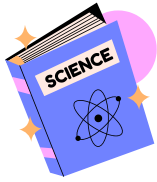
Our Laudato Si Committee helped to clean the vegetable trug in the courtyard this week and also helped to tidy the Chapel Garden. We have a lovely wild garden forming and many of last years plants are coming out again with a few new additions on the way! We are looking forward to seeing all the colours come out over the coming weeks and all the lovely wildlife and birds too.

Thank you **Sofia and Bella in 7C** for all your hard work with this and your great enthusiasm!



**Ms Eakins, Teacher of RE**





## Science News

### **Alka-Seltzer tablets and water**

This week we decided to mix some indigestion tablets with water. Indigestion tablets are used to neutralise excess acid. When mixed with water you produce carbon dioxide gas and lots of it. Using small film canisters, we closed the lids and shook them, this increased the carbon dioxide so much that they blew the lids off. Definitely worth the mess!



## **Did you know...just registering your daughter for Free School Meals means that our school gets extra money!!**

You can register your daughter for Free School Meals if you receive any of these benefits:

- Universal Credit (provided you have an annual net earned income of no more than £7,400, as assessed by earnings from up to three of your most recent assessment periods)
  - Income Support
    - Income-based Jobseeker's Allowance
    - Income-related Employment and Support Allowance
  - Support under Part VI of the Immigration and Asylum Act 1999
    - The guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on – paid for four weeks after you stop qualifying for Working Tax Credit

If you want your daughter to have a free, healthy meal at lunchtime that's great – she will get a free meal (saving you more than £400 per year!). There is NO stigma attached and no one will know because we operate a cashless payment system in our Dining Hall.

If you qualify but don't want your daughter to have Free School Meals, please still register as the school will get additional funding. Your daughter can still continue to have her packed lunch as normal!

To apply please complete the on-line Free School Meals application on the [Redbridge.gov.uk](http://Redbridge.gov.uk) website. You can apply regardless of which borough you live in because your daughter attends a school in Redbridge. It is a simple 1-page form, so don't delay, apply today!!

It is important to note that:

- Taking the meal is recommended but not compulsory
- Your daughter may receive additional help as a result of being registered, for example, help with the cost of music lessons or school trips
- No one will know and it will not affect any other benefits you are claiming
- Registering your daughter for Free School Meals will bring in more money to our school.

Thank you for your co-operation.





## 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
<b>MONDAY</b>				
BREAKTIME	Music Practice (Invitation only): SDE	10.40 – 11.00am	S5	Years 7-11
	Vocal Group: SDE	10.40 – 10.55a.m.	S5	Years 9 - 13
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
<b>TUESDAY</b>				
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
<b>WEDNESDAY</b>				
BREAKTIME	Ukulele Group: DEA	10.40 – 11.00a.m.	S5	Years 7-8
LUNCHTIME	Music Practice (Invitation only): SDE	12.40 – 1.00p.m.	S5	Years 7-11
	UAI Choir: SDE	1.00 – 1.40p.m.	S5	Years 7-11
	Mindfulness and Wellbeing: NKA	12.40 – 1.10p.m.	G9	Years 12-13
	Indoor Athletics: JMA	12.40 – 1.10p.m.	Gym	Years 7-8
	LGBT Club: HMA/EDO	12.40 – 1.10p.m.	F19	All Years
	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
<b>THURSDAY</b>				
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				
<b>FRIDAY</b>				
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				



# Reporting Harmful Content

## Leading by Example

Recent research has shown that children and young people are very unlikely to take action, such as reporting or flagging to the platform, when they see harmful content and behaviours online. So why is that?



### What Inappropriate Content Are Children and Young People Seeing Online?

Unfortunately, children and young people are likely to be the target of some types of inappropriate content and abusive behaviours that adults won't be. This includes grooming attempts, trolling, and cyberbullying from their classmates or peer group.

REPORT

HATE

STUPID

Nearly 1/3 of children say they sometimes do nothing when they are upset or worried about something online.

22% of users said they did not take action as they didn't think that doing so would make a difference.

1/3 of 12-17-year-olds said that they knew how to use a reporting or flagging function but only 14% said they had used any of them.

FAT

FAST FACTS

The Online Nation Report 2022

### WHY DON'T CHILDREN AND YOUNG PEOPLE REPORT ONLINE ABUSE AND HARMFUL CONTENT?



UGLY

### ENCOURAGING CHILDREN AND YOUNG PEOPLE TO REPORT ONLINE ABUSE AND INAPPROPRIATE CONTENT

#### Shame and Embarrassment

Becoming a target for bullying or online abuse can be a source of embarrassment for a child or young person as they may feel like they have done something 'wrong' or that there's something 'wrong' with them.



If a child or young person has accidentally seen or been sent something that has sexual context, they may feel awkward discussing the subject matter.

#### Getting in Trouble

Children and young people could be concerned about their parents' reactions: will they be cross and think the child was looking at something online they shouldn't be?



They may also misunderstand the legalities around harmful illegal content and think they will be in trouble for simply viewing it. They may worry about the police or their school getting involved.

#### Talk and Listen!



Talking to a child or young person about how to stay safe online may help reduce the chances of them viewing inappropriate content or being susceptible to grooming etc. Build a relationship in which the child or young person in your care feels secure and confident to confide in you openly discuss things that upset them.

Encourage conversations about online experiences, both good and bad.



Reassure them that simply reporting content won't get them in trouble will talking to you about something they've seen online that upsets the makes them feel uncomfortable.

#### Build-up Tolerance and Acceptance

Unfortunately, children and young people may just be 'used to it' when it comes to seeing inappropriate and harmful content online. The prevalence at which they encounter this type of material or come across abusive content might mean that it's accepted as part of the normal experience of being online and just 'background noise' they block out.



#### Not Knowing What to Do

Every app, platform and website have their own processes for dealing with harmful content and a different interface for doing so.



Although many children and young people are very tech-savvy, this doesn't mean that they are all equipped with the knowledge of how to report or flag things online.

If your child does come to you to talk about something they've seen online, stay calm. Although you might be shocked or even angry at them for using a site or app told them not to, having a strong emotional reaction put them off coming to you again in the future.



#### Learn Together



Sit down with the child or young person in your care, learn how to do report, flag and block on each platform. Remember, lots of people are visual learners so have your phone or digital device handy so you can all see exactly where the buttons are on the actual platform.

#### Be An Example



One of the best things we can do to help children and young people stay safer online is to lead by example. Just like in the offline world, the children in your care look to the trusted adults around them for guidance on how to navigate, react and interact in this world.



Show and talk to the children in your care about what you do when you come across harmful content and bad online behaviour. This could be as simple as mentioning that you saw a bullying comment online, so you reported it to the platform.



If you're someone who usually scrolls past abusive or harmful content, ask yourself, 'would I want my or any child to see this?'

If the answer is no, take action!







# v-i-a

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## **SAFETY ALERT**

### **XYLAZINE CONTAMINATION**

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#### **What we know**

- Xylazine is a very dangerous and addictive substance used to sedate animals and it has been found in illicit substances including **THC cannabis vapes**.

#### **What are the effects?**

- Xylazine relaxes muscles and causes severe drowsiness, putting people in a coma-like state. Effects can last for several hours.
- It can cause difficulty breathing, reduced blood pressure, changes in heart rate and body temperature, and it can lead to coma and death.
- Xylazine can also cause severe skin damage and large open wounds that may not heal on their own.

#### **How to stay safe**

The safest option is to not use drugs at all but if you do, here's some useful advice:

- **Your vape/substance may not contain what you think**, ask your Via service for a Xylazine test strip to test your substance. The QR code on the pack will take you to an app with clear instructions on how to use the test.
- **Avoid using alone and take it in turns**, use with people you know and in a safe place, take it in turns so everyone is not affected at the same time, have people around who are able to call for help.
- **Use a small amount first and don't mix with other drugs, including alcohol**, as this can increase the risk of harm.
- **If something goes wrong, call 999** and get help straight away.
- **Get medical attention** for any skin damage or wounds as soon as they appear.
- **Share this information** with other people that you think might need to know.

**Any questions or concerns? Please let your local Via service know.**

**Fusion (Young People's Service) [fusion@viaorg.uk](mailto:fusion@viaorg.uk)**  
**Redbridge Quits Smoking (for ages 12+) [RQS@viaorg.uk](mailto:RQS@viaorg.uk)**  
**R3 (Adult Drug and Alcohol Service) [redbridge@viaorg.uk](mailto:redbridge@viaorg.uk)**