



Ursuline Academy Ilford

Weekly News – 2023/2024 Issue 29
3rd May 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,

Today I want us as a community to pray for the the family and friends of Daniel Anjorin, who died on Wednesday following a knife attack in Hainault. We are all saddened and shocked by the tragic loss of a young life and know that our pupils are affected by this. Our Chaplain and Heads of Year have been offering support to students throughout the day. We pray for the repose of his soul.

Please see the letter below I have sent to Year 11 and 13 parents on page 11. We are now preparing our students for this final push and are here to offer support, prayers and advice for everyone sitting exams. They will do well!

Finally, I hope you all have a happy and safe weekend for the bank holiday. We look forward to welcoming our students back on Tuesday morning!

Fiona Stone headteacher@uai.org.uk



Newsletter Contents this week:

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Chaplaincy News

Pope Francis@Pontifex – 2nd May 2024

During this month of May, may we entrust to the Blessed Virgin Mary our personal and family matters, as well as the suffering of those who fall victim to war. Let us #PrayTogether for the Church, all nations, and for peace in Ukraine and the Middle East

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

May: Prudence

3rd May: God will never fail to provide for all their needs, so long as nothing is lacking on your part.

4th May: I have undaunted and firm faith and hope in the infinite divine goodness.

5th May: From everywhere comes dangers and various traps and diabolic snares.

6th May: Consider each one as good but be prudent for your own good.

7th May: You will achieve more with kindness and gentleness than with harshness and sharp rebukes.

8th May: Act in such a way that they may always follow your example.

9th May: First of all, strive, with the help of God.



April is the month of the Patron saint of England; St George

April 23: St Georges Day.

St. George was born in what is present-day Turkey. Following in his father's steps, he became a soldier and quickly rose in the ranks of the Roman army, ending up as a personal guard to Emperor Diocletian. When the emperor ordered the persecution of Christians, St. George refused to follow his orders and participate in this. He was tortured and executed in 303 A.D. in Palestine, where he is now buried.

The legend of St. George slaying a dragon is well-known. The town of Silene was captured by a dragon. The locals would offer a human sacrifice to the dragon every day. When St. George was visiting the town, a princess was chosen to be sacrificed. So he killed the dragon and saved the people of Silene. To express their gratitude, the locals converted to Christianity. **St. George is also the patron saint of other countries like Greece, Portugal, Bulgaria, Ethiopia, and Russia.**



The Ursuline Academy Ilford

CHAPLAINCY NOTICES: APRIL & MAY



During May, the 5th Month of the year we celebrate Spring. Catholics also dedicate May to Our Lady, Mary and the Holy Rosary.



April & May days of Religious Significance

April 10: Eid-al-Fitr: Islamic festival of the breaking of the Ramadan Fast.

April 13: Vaisakhi Sikh New Year and New harvest festival.

April 22-30: Passover Eight-day celebration marking the deliverance of the Jews from slavery in Egypt; Seder ceremonies emphasize the concept of freedom. The first two days and the last two days are observed as holy days.



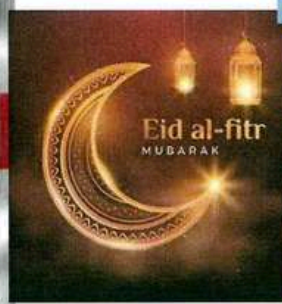
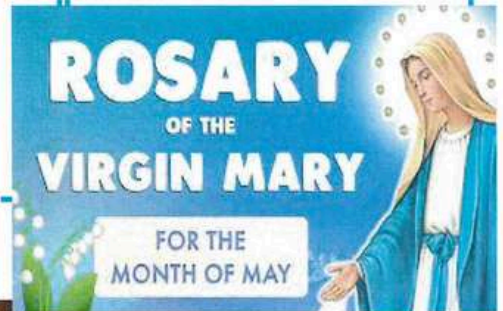
May, the Month of our Lady

May 13th: Our Lady of Fatima
May 31st: Feast of the Visitation

The month of May is a special time for Catholics to honour our Blessed Mother Mary. During this month Christians, both in church and in the privacy of the home, offer up to Mary from their hearts prayer and veneration. It's the month we honour Blessed Mary as the Mother of Jesus and our Heavenly Mother. Mary has an unique role in salvation history as the Mother of God, conceived without Sin, who by her own free will agreed to bring the "Word made flesh", (John 1:14) our Lord and Saviour Jesus Christ into the world.

It's a Catholic tradition to honour Mary during the month of May by crowning her statue with flowers. The reason why we crown Mary is best summed up by Pope Paul VI who wrote in 1965 that May is an occasion for a "moving tribute of faith and love which Catholics in every part of the world pay to the Queen of Heaven."

The crown symbol is attributed to Mary because she is the Mother of the Son of God, who is our Heavenly King. Many Catholics will say a decade of the Rosary at least one day a week



Orthodox Churches: Greek Orthodox Easter always falls between April 4 and May 8. Orthodox believers' religious holidays are dictated by the Julian calendar, not the Gregorian (secular) calendar.

Additionally, according to the Bible, Jesus died and was resurrected **after** going to Jerusalem to celebrate Passover. Therefore, the Easter Orthodox Church believes that Easter should always be celebrated after the Jewish Passover has ended.



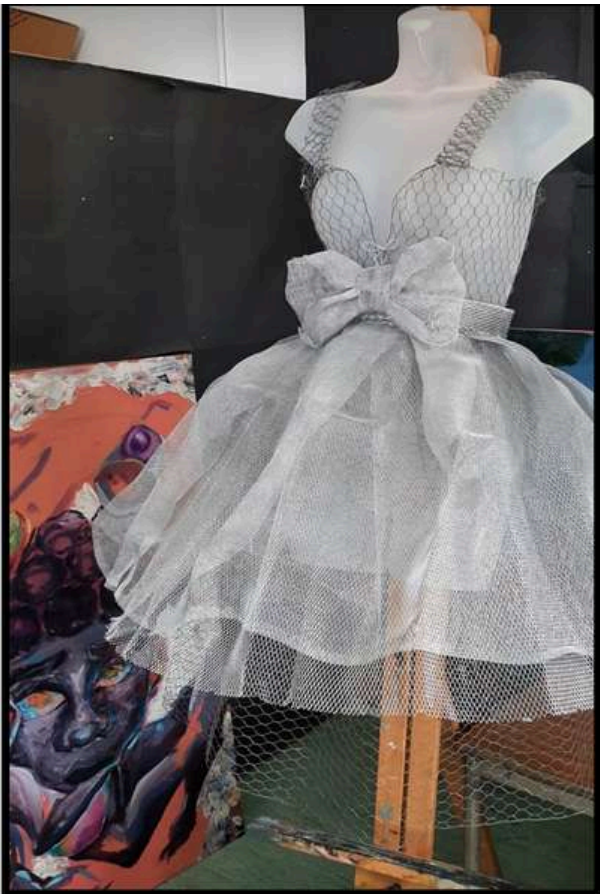
Art News

Artist of the Month Jessica Madu Year 13



This is a very unusual work of art by Jessica, it is a 1950's style of dress created from mess wire. She has been exploring fashion and the vulnerability of women, this dress is a metaphor a 'suit of armour'. Jessica is also a skilled painter and has been creating colourful portraits that have been influenced by her interest in the gaming industry and animated films. Well done, Jessica.

Mr Butler. (Head of Art)



Our new Jack Petchey winner for April is **Milly Jones in 7T** for all her wonderful contributions to our school community.

Milly is a really lovely student and a great role model to her peers. She is very kind and caring and full of positive energy!





Maths News



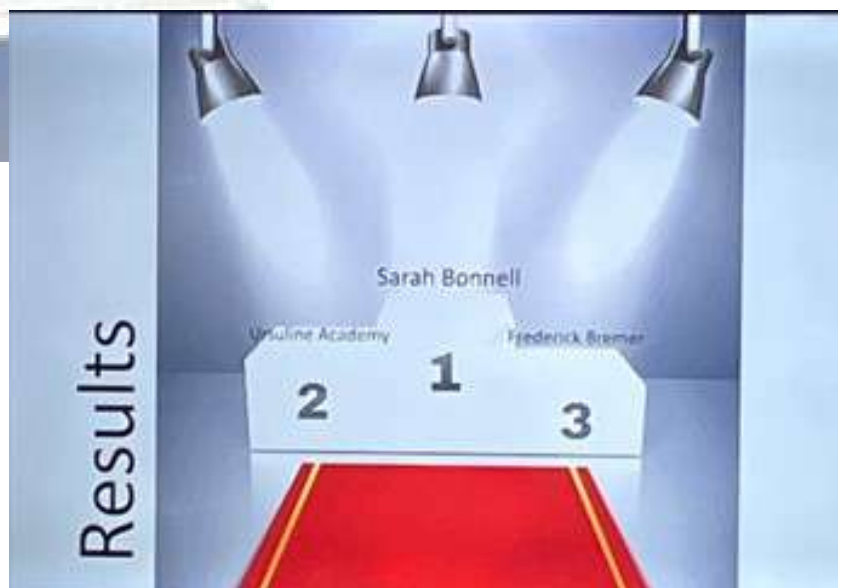
Mathletes Year 10 Competition 2024

On Thursday 25th April we had four Year 10 students represented the Ursuline Academy in a mathematics competition held at Monoux College in Walthamstow. The competition included students from several schools across East London. Before the competition started the students had a workshop on higher level mathematics.

I am pleased to announce the girls from Ursuline came second and were just two points behind the winners!

I would like to thank **Mr Vijay** for organising the visit and **Mrs Kayode** for taking the students to the competition.

Finally, a huge well done to **Wyeshali Chitrangan, Zhiyi Chen, Shanjirra Suresh** and **Jasmine Kaur** for representing the school in such a positive way.



Mr Deen, Head of Maths

The Ursuline Academy Ilford pupil wins National Rotary Award



Inspiring teen scoops up national award

A 16-year-old pupil from Redbridge has gone on to win a national award after being recognised for her positive contributions to the community.

 This Is Local London / Apr 29

A teenager from Redbridge has received a national award for her contributions to the community.

Nahian Joyeta, a pupil at The Ursuline Academy Ilford, was named as one of nine teens to win a Rotary Young Citizen award for Great Britain and Ireland 2024.

The awards ceremony was held on April 20 in Warwickshire.

Rotary judges were impressed by Nahian's commitment to bettering her home borough as well as her ambitions for her own future.

Nahian said: "I feel very honoured and quite accomplished that I have been recognised for my work.

"For my future ambitions, I want to continue encouraging young girls into STEM (science, technology, engineering and mathematics) and helping the community."

The 16-year-old is a member of the Redbridge Youth Council which helps to encourage issues faced by young people to be brought up for discussion.

She also represents Redbridge through her role as a Child Friendly Redbridge Ambassador, which has recently seen her work with Unicef and the Metropolitan Police to battle child vaping in the borough.

In her school life, Nahian mentors other young girls through her role with the school's club the Stemettes.

Nahian said: "I am very passionate in AI and robotics because I think they are the future.

"Most often, young girls are discouraged from such a male dominated field, like engineering.

Fortunately, my parents have given me the option of choosing what I want to do and I just fell in love with engineering."



Nahian has overcome a great deal of challenges in her home life, including being evicted with her family and moving between temporary accommodations.

Despite this, her commitment remained unaffected, and Nahian even has her sights set on her future after university.

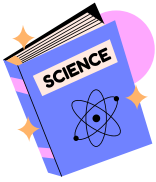
She said: "After I graduate from university, I want to start my own tech company, and start a charity which would provide opportunity and mentorship for these young girls to continue in the STEM field and advance."

The award is not the first she has received so far this year.

The teen was previously named winner of the Recorder and Redbridge Rotary Young Citizen award on March 12.

Rotarian and club president, Peter McCafferty, said: "Nahian is a truly inspiring young person whose commitment to education and her community is brilliant to see".

"Her award win is thoroughly deserved, and we wish her every success in her future campaigning."



Science News

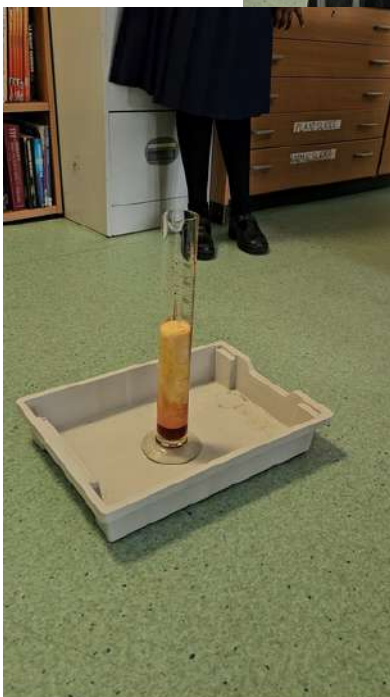
Elephants Toothpaste!

This week we got messy with making a foamy mixture referred to as Elephants Toothpaste as it gets foamy and overflows and resembles Toothpaste

The chemical reaction was very quick and vigorous

We mixed Hydrogen Peroxide and yeast to give us the foamy fizz and added some washing up liquid for the bubbles and food dye for the extra colour change

Very messy but certainly worth the effort to see the end result!



Mr Uddin and Ms Agudelo



Staff Wellbeing Group

The wellbeing group that play five a side football continues to be popular with a number of dedicated staff and provides an enjoyable end to the working week. From its inception in 2017, many colleagues have joined us, maybe for a few games or a longer period; some colleagues have left the Academy and others who have taken up posts here, have joined too. For many years we have gratefully used the gym and our thanks to Ms Keogh (Head of PE) and PE colleagues. Lately, we have been playing locally at Frenford, a venue well known to the school as this is where the girls have their football tournaments. The benefits of regular exercise on our physical and mental health are well documented and we are always open to welcome new players. #SERVIAM.



Mr McGhee, Head of RE and Extended Senior Leadership

THE URSULINE ACADEMY ILFORD

A Catholic Academy for Girls aged 11 – 19 in the Diocese of Brentwood

Headteacher: Ms Fiona A Stone BSc (Hons) MA NPQH



May 2024

Dear Parents and Carers,

As we approach the final stretch of the academic year, I wanted to inform you of some important dates and arrangements for our Year 11 and 13 students.

Firstly, our students' study leave will commence on Monday, May 13th. This will provide them with dedicated time to focus on their upcoming examinations and ensure they are fully prepared to do their best.

Before study leave begins, we will be hosting final assemblies on Friday, May 10th. These assemblies will serve as a time to wish all our students the best of luck and offer prayers to support them through the exam season. It will be a time of reflection, encouragement, and solidarity as our students embark on this significant journey.

During study leave, students may continue to attend school for their timetabled lessons in every subject, up until the final exam in each respective subject. Our teachers will be available according to their timetables to provide support and guidance as needed. However, we kindly request that Year 11 and 13 students inform their teachers in advance if they plan to attend any lessons during this period. This will support planning and preparation, ensuring that time is not wasted on lessons for which no students will attend.

I would like to take this opportunity to extend my own personal prayers and positive intentions for all our students as they approach the exam season. I have full confidence in their abilities and the hard work they have put in throughout their studies. With dedication, perseverance, and the support of our school community, I am certain that they will achieve success in their examinations.

If you have any questions or concerns regarding the upcoming study leave arrangements, please do not hesitate to contact us. We are here to support both you and your daughter every step of the way.

Thank you for your continued cooperation and support.

Ms Fiona Stone
Headteacher



success in learning for all

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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
	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
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
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				

What Parents & Educators Need to Know about SHOPPING PLATFORMS

For people looking to make purchases on their phones, several shopping apps – such as Temu – allow users to buy goods at reduced prices. Others, like Vinted and Depop, let you sell items you no longer want. As internet shopping continues to grow, however, so does the risk of scammers, hackers and breaches of privacy.

WHAT ARE THE RISKS?

MISSING ITEMS

Users of Vinted, Depop and Temu have reported not receiving their products despite payment being taken. Users can initially contact the seller to query a missing item, and they have between two and five days (depending on the app) to tell the company what has happened. However, once the money has reached the supposed 'seller', it can be quite difficult to get back.

SCAMMERS AND PHISHING

Scammers are always on the lookout for unsuspecting buyers or sellers. Common tactics include cancelling shipment of an item once the payment has been processed or asking to conclude the chat and payment outside of the app, where the victim is no longer protected by the buyer protection plan. This should, naturally, be avoided at all costs.

DATA MISUSE

Apps of all kinds frequently collect our data, often asking for more information than is necessary to set up an account. Data gathered in this way is then usually sold on to third parties for marketing purposes. Lately, certain apps have been under scrutiny for using spyware to track their members' activities – but all too often, the user's consent to this practice has been hidden away in the terms and conditions.

FAKES OR REPLICAS

It's certainly not unheard of for poor-quality products to be falsely marketed as luxury items, using misleading pictures or clever wording. These disingenuous sales are sometimes outed by suspiciously low price tags, but this isn't always the case. For children and young people especially, there's a risk that the promise of bagging a high-end item for a fraction of its usual price will outshine any suspicions they may have.

SLOW REFUNDS

While all apps offer a refund if the product is damaged or doesn't match the description, it can take up to a month to be compensated for this. For many people (especially during a cost-of-living crisis) that can be a long time to be without both the product you bought and the hard-earned cash you spent on it.

MISLEADING DESCRIPTION

Some people will be able to notice when, say, a product's photo and its description don't seem to match. This isn't a reliable means of picking up on misleading marketing, however – especially not for children and young people, many of whom may not yet realise that such practices even exist. While it's illegal to advertise one thing and sell another, plenty of shady traders use clever wording and omissions to get around this.

Advice for Parents & Educators

ALWAYS STAY ON THE APP

It's vital that users pay for any goods through the same app on which they found them, to ensure they are covered by buyer protection. This means users can access support if the item arrives damaged, isn't as described, or doesn't arrive at all – allowing them to seek compensation for the loss. Such regulations can't protect you, however, if you didn't do the deal through the app in question.

BE WARY OF PHISHING ATTEMPTS

Scammers frequently send messages within these apps to steal personal and financial information from other users. Don't respond to these messages – and under no circumstances should you follow any links they contain. Check for spelling errors, as well as inspecting the name of the sender. Report any suspected phishing emails to the app's help centre – and notify your bank if you think your financial information has been compromised.

CHECK REVIEWS

Take time to read the reviews and comments left by other users – not just of products, but of sellers and buyers, to ensure they're legitimate and reliable. Before buying an item online, check the reviews for comments about the product's quality, the seller's communication and the delivery time. If you're selling, check the reviews of your buyer for red flags such as frequent requests for refunds or claims of 'missing' items.

KEEP SAFE AS A SELLER

Sellers can be exploited just as much as buyers. Some users may purchase an item, for example, then pretend it didn't arrive to secure a refund. Always take photos of the shipping label, along with a picture of you posting the item. Send the package's tracking number to the buyer and keep a copy for yourself, letting you investigate any future claims that it never arrived. When taking photos of items you're selling, ensure nothing personal is in the background.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant at BCyberAware, who has developed and implemented anti-bullying and cyber safety workshops and policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at nationalcollege.com/guides/shopping-apps