



Ursuline Academy Ilford

Weekly News – 2023/2024 Issue 30
10th 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,

This week I wrote to the parents/guardians of year 11 students appealing to your commitment to sustainability to consider donating old uniform items to the school's pre-loved collection. See letter on page 10.

Today we held the end of year assemblies for both year 11 and 13 students, we celebrated all their hard work and dedication and staff and fellow students were able to wish them good luck & prayers as they face their examinations.

Year 11s engaged in the annual ritual of 'shirt signing' and many of our year 13s came to school dressed in their old uniform. It was a day of great joy and celebration. I truly am very proud of each and every girl in the school but especially these students who are about to embark on this transition in their lives.

Yesterday we celebrated the feast of the Ascension of Jesus Christ with a beautiful mass. See the lovely photos below of students preparing the linens for Fr. David. I'm very grateful to our Chaplain, Mrs Adomako for her preparations.

You can see on the sidebar here that our next parent coffee morning will be on 22nd May, I hope to see many of you there.

There are many other great stories throughout this newsletter showing the dedication and commitment of staff and students at the academy to go over and above to make this community a place of great joy & learning. Enjoy!

Fiona Stone headteacher@uai.org.uk



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Chaplaincy News

Pope Francis@Pontifex – 9th May 2024

The #AscensionOfTheLord tells us that Jesus is alive among us in a new way. He is now present in every place and time, and is close to each of us. We are never alone: we have an Advocate who guides us, waits for us, and defend us.

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

May: Prudence

10th May: Merely beginning is not enough if you do not carry through.

11th May: Have patience!

12th May: It is better to follow what is certain, without danger, than what is uncertain, with danger.

13th May: Indiscreetly hurting one's body would be sacrificing stolen goods.

14th May: Do everything with discernment and maturity of judgement.

15th May: Let their prudence be evident to all.

16th May: If, according to times and circumstances, the need arises to make new rules or do something differently, do it prudently and with good advice.





Chaplaincy News

We have been busy in the Chapel this week... please see pictures below of a selection of our dedicated chaplaincy team who helped raise over £50 for BCCS (Brentwood Catholic Children's Society), by selling tickets at 20p each, that's over 250 individual tickets sold!



Two of our catholic girls preparing altar linens for our Ascension Mass on Thursday afternoon. Well done girls, #Serviam!!

Gladys Adomako, Chaplain



ECO Club News

Do you have any invertebrate friends who are looking to visit the Ilford area? Direct them to the recently opened Bug Hotel!

Designed by the venerable Eco Club and located in a trendy, up-and-coming area – the Ursuline Academy courtyard – this hotel welcomes all mini beasts, including woodlice, centipedes, and beetles.

Built using 100% organic materials, it provides plenty of dead wood and leaves to offer all the shelter and food a bug could need.

Anticipating high demand for rooms, the Eco Club also plans to expand the size of the hotel in the coming weeks.



Mr McCarthy, Teacher of Geography, Head of Year 8



History News

Year 8 History News.

On Wednesday 8th May eight Year 8 students who had been chosen by their History teachers to have created the most impressive projects on 'Incredible India' visited Ms Stone's office to show off their hard work. The students were asked to produce a leaflet or poster that either gave an overview of the history of India from the Mughals to Independence in 1947, or to focus on an element of Indian history in that time period that interested them. This was a part of a larger unit on the British Empire, and gave the students an opportunity to be assessed on their creativity, research and presentation skills as well as their historical knowledge. Year 8 fully embraced the challenge and produced some beautiful work. The eight students selected to show their work to Ms Stone were:

Anaiah Anthony 8J
Shehnum Ahsan 8J
Zarrah Malji 8U
Fola Oladoyi 8U
Jessy John Michel 8C
Aishwarya Kumar 8C
Maryam Ilyas 8T
Aleeza Qadir 8T



Ms Mackie, Subject Lead – History

Laudato si



Laudato Si Committee News

Our Laudato Si Committee have been doing a great job helping out this week and we have been blessed with the sun.

We are delighted to see our nasturtiums coming up as well as some basil and lots of lovely daisies and poppies. Thank you to the London Children's Flower Society for providing us with some additional seeds also. Our chapel garden is now thriving and has been attracting lots of bees and birds including a yellow tailed wagtail!

Well done as always to **Bella** and **Sofiia** in Year 7 for doing such a great job!



Ms Eakins, Laudato Si Coordinator



Music News

Musical Instrument Donations – Woodwind instruments wanted

Many of our younger students or beginners do not have their own instruments and instead borrow from the school's music department. Often students 'try out' an instrument before parents make the significant investment in purchasing their own instrument, but sometimes more advanced students also use and hire School instruments, where cost is a prohibitive factor.

We would welcome donations of woodwind instruments (clarinet, saxophone, flute) which are in good condition. We kindly ask that donated instruments are in working order, although we can make minor repairs such as new reeds or pads. Perhaps you were once a keen saxophonist or clarinetist. Maybe you have upgraded to a higher quality saxophone, but your first one still sits on a shelf. We would be delighted to hear from you.

If you are able to support us develop the next generation of woodwind players by donating an instrument, please contact Ms Deller, Head of Music, via email: sdeller@uai.org.uk, or school phone number.

Thank you!





PE News

There is a change to the PE extra curricular timetable, please see Extra Curricular Activities on page

Monday lunchtime- rowing club -gym 12.40-12.15

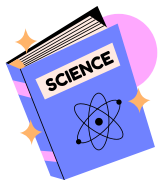
Monday after school - athletics club- 3.20-4.20pm

Friday after school -running club (all distances) 3.20-4.15pm

Sports day and borough athletics dates are fast approaching. Come to the athletics clubs to develop your skills and techniques in running, jumping and throwing.

Also, we hope to go to the track a couple of times for Monday after school athletics club, letter will be given to parents in advance of the dates.

Mrs Mansell, Teacher of PE



Science News

Methane Bubbles!

Playing with fire! We carried out the methane bubbles practical this week.

This was a combustion reaction. Methane burns in the presence of oxygen (from the air) producing carbon dioxide and water.

We lit the bubble once in the air, some very brave individuals wanted to attempt the bubbles in their hands.

Water is also a great conductor of heat, it pulls any heat away from your hand for the few seconds that the methane bubbles are on fire, hence the importance ensuring our hands are thoroughly wet before picking up the bubbles.





Mr Uddin and Ms Agudelo

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



8th May 2024

Dear Parents/Carers

At the Ursuline Academy we are deeply committed to fostering a culture of sustainability and environmental responsibility. With this in mind, I would like to request your support as your daughters come to the end of Year 11.

Firstly, I kindly request your assistance in ensuring that all textbooks issued to your daughters for their GCSE courses at the beginning of Year 10 or 11 are returned to the school. By returning these textbooks, we can not only extend their lifespan for future students but also significantly reduce the need to purchase new resources, thus minimising our environmental footprint.

Your cooperation in this matter is greatly appreciated, as it contributes to our collective efforts in promoting sustainable practices within our school.

Secondly, I would like to invite you to consider donating any used PE kit and school uniform items that you no longer require for younger siblings. These pre-loved items can make a meaningful difference to families within our community who may benefit from access to quality clothing at no cost. By donating these items to the school, you are not only helping to reduce textile waste but also supporting fellow families in need.

Your generosity and participation in these initiatives align with our shared commitment to sustainability and social responsibility. Together, we can make a tangible impact on our environment and create a more equitable and inclusive school community.

Finally, following my letter last week I would like to take this opportunity to again thank you for all your support, and to extend my prayers and positive thoughts for your daughters as they embark on their exams. If you have any concerns, please do not hesitate to contact me or my colleagues,

Kindest regards,

Ms Fiona Stone
Headteacher



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Website: www.uai.org.uk

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 – 1.15p.m.	Gym	All Years
	Movie Club: GAD	12.40 – 1.10p.m.	Chapel	All Years
AFTER SCHOOL	Athletics Club: JMA	3.30 – 4.30p.m.	Playground/Gym	All Years
	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
	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: SMA	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
	LGBT Club: HMA/EDO	12.40 – 1.10p.m.	F19	All Years
	Music-Meditative/Gospel/Worship: GAD	12.40 – 1.10p.m.	Chapel	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	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
	Rosary/Prayer Group: GAD	12.40 – 1.10p.m.	Chapel	All Years
Fortnightly	African Caribbean Society: TKA/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
	Bible Study Group: GAD	12.40 – 12.10p.m.	Chapel	All Years
	Chess Club: BFA	1.00 – 1.30p.m.	F13	All Years
AFTER SCHOOL	Running Club (all distances): JMA	3.20 – 4.15p.m.	Playground/Gym	All Years

What Parents & Educators Need to Know about HELLDIVERS 2

AGE RESTRICTED
PEGI 18+

WHAT ARE THE RISKS?

Within weeks of release, Helldivers 2 had become one of 2024's biggest gaming success stories. The sequel to a top-down shooter from 2015 has smashed sales expectations, owing to its frantic gameplay and tongue-in-cheek humour. However, the game comes with several risks to younger players, as indicated by its 18+ rating.

PEGI 18 RATING



Due to its intense violence and the presence of in-game purchases, Helldivers 2 carries a PEGI 18 rating. While players are generally fighting fantastical enemies like giant bugs and robots, their characters can be killed in various gruesome ways, up to and including dismemberment. It's certainly worth considering whether such a game is appropriate for younger players.

IN-GAME PURCHASES

In Helldivers 2, players can use real money to buy in-game currency, with which they can unlock cosmetics and new weapons. At the time of writing, all the in-game items can be acquired without spending so much as a penny – but excited young players wanting to keep up with their friends may still feel the temptation to purchase new weapons more quickly, rather than laboriously earning the in-game currency through play.

VOICE CHAT AND MESSAGING

Helldivers 2 is always played online with others, who often use voice chat or in-game texts to coordinate, strategise or just joke around. This does mean that children who play without their friends will be put in contact with strangers. Unfortunately, this represents a roll of the dice, as the game can't control how people treat each other online. However, you can easily report other players for abusive behaviour via the game's 'Social' tab.

FRUSTRATION TRIGGER

The thrill of barely scraping through a dangerous mission in one piece is integral to Helldivers 2's appeal. To accentuate this feeling of achievement, the game includes some very difficult levels that could prove to be too hard for some players – even those who are legitimately old enough to play. Losing streaks can be incredibly annoying, so repeatedly failing in missions could easily provoke frustration or anger in younger players.

LACK OF ACCESS

The game is available on PC and PS5, but not (as yet) on other consoles. Some people will naturally be disappointed they can't get involved and might look for similar alternatives to play on their own console – alternatives which may contain similar levels of violence and gore but lack the same balanced approach to user misconduct and in-game purchases as Helldivers 2.

Advice for Parents & Educators

GIVE IT A GO FIRST



Helldivers 2 is a third-person shooter with intentionally humorous elements, but much of its comedy is rooted in satire which may go over the heads of some players. Consider playing the game first yourself – while shooting bugs and robots feels too unrealistic to be upsetting, seeing your character get torn to pieces may be too much for young players.

SET EXPECTATIONS



At the time of writing, Helldivers 2 costs £34.99. It could turn out to be an expensive and wasteful purchase if a player gets irritated and gives up shortly after receiving the game. If a young person tends to become frustrated easily, it's worth considering whether Helldivers 2 is really the game for them.

CONSIDER ALTERNATIVES



If playing on Xbox – where Helldivers 2 isn't available – consider something like Halo: The Master Chief Collection as an alternative. One of its game modes – Firefight – replicates Helldivers' mechanics to some degree. Alternatively, younger players may be better suited to the more light-hearted Deep Rock Galactic, which sees them play as fantasy dwarves in space, involving far less gruesome violence.

KEEP AN EYE ON PAYMENTS



Many titles offer in-game purchases, but Helldivers 2's are comparatively cheap. You'll still need to monitor your payment information (or use a prepaid card on the account), in case your child buys the in-game currency in bulk; on the whole, however, the game's selling methods are far less egregious than most similar titles on the market.

MONITOR COMMUNICATION & ADJUST SETTINGS



Thanks to an in-game 'Ping' system (allowing players to highlight important details without speaking), communication isn't as integral to Helldivers 2 as it is in other games. You can turn off the chat options in-game on PC, or on the PS5's own settings, and feel more secure in the knowledge that your child won't be speaking to people they don't know.

Meet Our Expert

Lloyd Coombes is the Editor in Chief of GGRecon, and has been working in the games media industry for five years. As well as being an avid long-time gamer, he is also a parent and therefore understands the importance of online safety. Writing mainly about tech and fitness, his work has been published on sites including IGN, TechRadar and many more.



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