



Ursuline Academy Ilford

Weekly News – 2023/2024 Issue 32
24th May 2024



Upcoming Events

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.

End of Year Trips
Monday 22 July



Headteacher's Headlines

Dear Parents/Guardians,

It has been a very busy and productive half term here at the Academy. Our year 11 and 13 students have been working hard on their examinations and the rest of our year group students are making their best efforts in lessons preparing for upcoming assessments. We have high academic standards here at the Academy and are so proud of all the work our students do!

You will see on page 10 below, the student leadership opportunity for our current year 10 and 12 students to apply to become Student leaders at the Academy. Mr McGhee and Ms Cooper have made great plans for a rigorous voting process, I look forward to reading applications and interviewing those shortlisted. On the note of voting and elections, we have been designated as a polling station on 4th July following the Prime Minister's announcement for the General election. Most students will not be in school on that day but pre-planned trips will go ahead.

This half term is a busy one for events, do look at the side panel here! Finally, I hope all our school community have a relaxing and peaceful half term break, I look forward to welcoming you all back on 3rd June. God Bless!

Fiona Stone headteacher@uai.org.uk



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Chaplaincy News

Pope Francis@Pontifex – 23rd May 2024

The Holy Spirit comforts us and heals our memories by focusing our attention on God's love and His gaze upon us. The Spirit brings order to our lives. He teaches us to accept ourselves, forgive, reconcile with the past, and start anew.

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

May: Prudence

24th May: May God give you knowledge and capacity.

25th May: Let interaction with one's neighbour be prudent.

26th May: Strive to act solely out of the sole love of God.

27th May: Put all your zeal and strength into carrying out your duty.

28th May: One must be careful and prudent.

29th May: Jesus Christ will enlighten you about what you have to do.

30th May: Kindly be attentive, with great and longing heart.





Chaplaincy News

Winners of the prize charity draw for BCCS

After weeks of selling raffle tickets at 20p each to students, the Chaplaincy team drew the following winners:

Roshaany Dar 8c and **Anousha Ali** 7c

Concessions were also awarded: **Nancy Rola** 8c, **Aishwarya Kumar** 8t, **Skyrah Kurien** 8j, **Areeba Iftikhar** 7t, **Mr Okyere**, Science teacher, **Ezzah Ullah** 7c, **Malaika Abigaba** 9c



St Josephine's Assembly

Last Friday saw the beginning of scripture readings being dramatised during the St Josephine Assembly.

A select group of year 9 students engaged the audience, showing a visible measure of enthusiasm in their performance.



Gladys Adomako, Chaplain



Art News

Artist of the Month Sajia Husain Year 9

Sajia has produced a great piece of typographical artistry; this wonderful painting highlights the beauty of nature and its importance to us all. She created close study drawings of a wide range of leaf types before combining them to form the word 'Leaf'. Art Teacher, Mr Selley, has been leading these art classes in creative wording and students have produced some stunning paintings. Mr Selley said, "it was hard to choose just one good example, as there were so many good ones" Well done, Sajia.

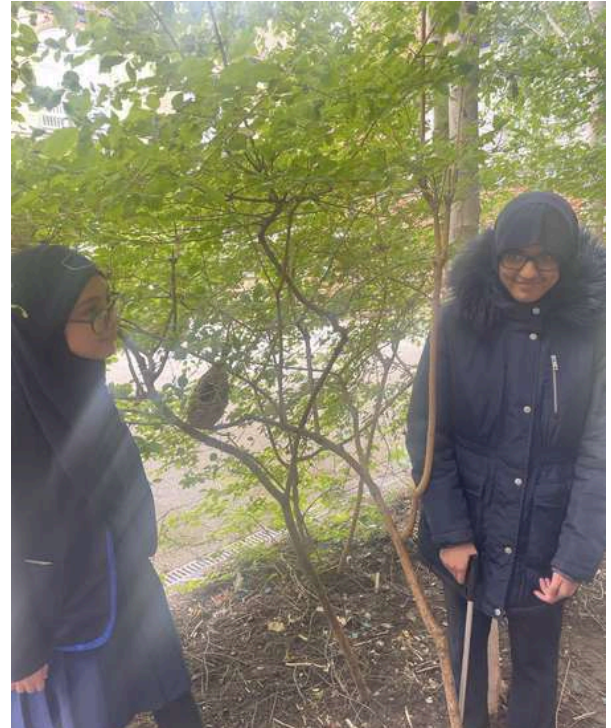


Mr Butler, Head of Art



Eco Club News

This week Eco-club used the Jack Petchey money kindly donated from **Aishwarya** in 8.T to buy a bird feeder, bird house and bird bath which the students built and then placed into the courtyard. The bug hotel is also flourishing! We saw ants, woodlice, and spiders. We can't wait for all the wildlife we will see in the coming months in courtyard!



Ms Colder & Mr McCarthy

Congratulations to our final two Jack Petchey winners of the year. Two amazing students who work incredibly hard, are kind, resilient, always willing to help out in clubs and extra-curricular activities, and just great role models to all of us here at the Ursuline Academy Ilford.

Well done to Year 12 student **Naga Karthik**, (pictured left) and well done to Year 13 student **Muntaha Akbar** (pictured right).

We are all very proud of you both!





Library News



A huge 'Well Done' to our Year 7, 8 & 9 students who took part in the sponsored read, raising money for children and young people who are in hospital. Students were asked to choose what they wanted to read and to gain sponsorship, as an incentive as well as supporting a wonderful charity. They were asked to raise a minimum of £1 each.

However, some students far surpassed this request, and particular credit goes to **Mathurena** who raised a staggering £136 and **Harshikaa** who raised £51. All our Readathon sponsorship money totalled £868.25. We could not have done this without the support and generosity of all the sponsors. What a wonderful example you are to your girls!



Some of the girls who exceeded expectations and received a certificate pictured above (Left to right),

Haniya Khan 8J, **Milly Jones** 7T, **Mathurena Uthayatheepan** 7C, **Harshikaa Sriramana** 7U and **Ayleen Henao Maldonado** 8C.

Unable to make the 'photo shoot' but still deserve a special mention are **Nancy Rola** 8C and **Zahara Ali** 8T.)

Ms Finlay, Librarian

RELIGIOUS EDUCATION

RE News

We are thrilled to share the enriching experience our Year 9 students had during their recent visit to the Oaks Lane Reform Synagogue. This excursion was not just an educational trip but a vibrant exploration of Jewish history, culture, and traditions. Our students had the unique opportunity to engage with the rich heritage of the Jewish community, deepening their understanding and appreciation of this diverse faith.

RE Department

Here is some feedback from our students...

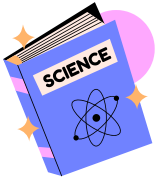
'I really enjoyed the trip, and the rabbis were really kind. The memorial was great because we were able to remember those who died during the war. Also, the Rabbi told us that in the afternoon they were preparing for the Shabbat service, and we saw some of the preparation. That was amazing as the last time I experienced something like this was in my Primary school.'

Cristine 9J

'I really enjoyed the synagogue trip because the place was very nice, and the people were so kind. I really enjoyed the time when the rabbi was playing the guitar. The , from close and the whole experience was so unique!

Enkhsin 9J





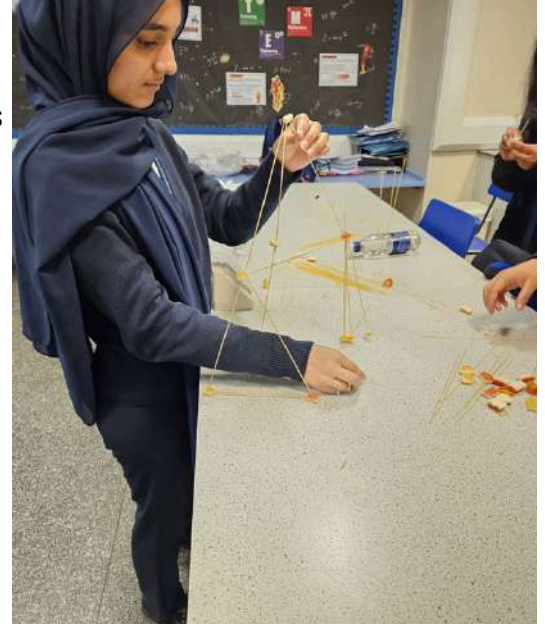
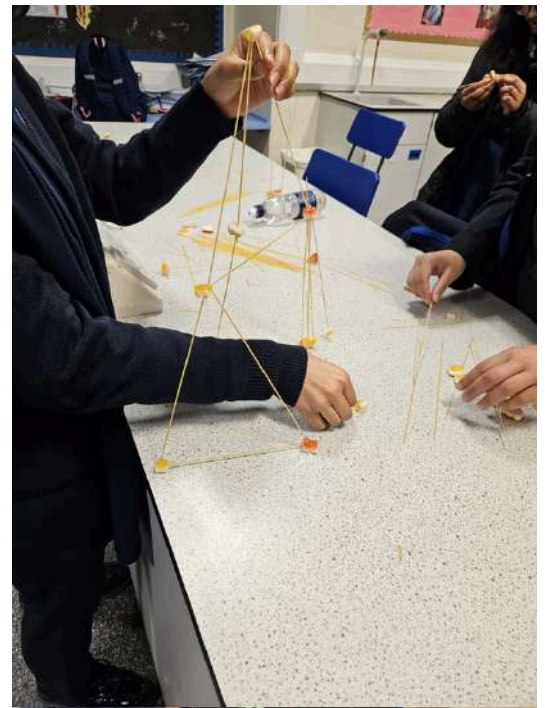
Science News

Spaghetti Jelly Towers

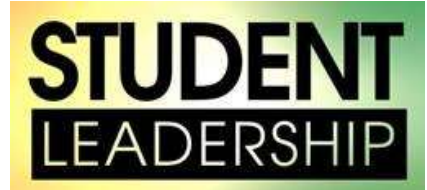
This week in Science club we were engineering the tallest tower out of spaghetti and jelly. The tower had to be made to stand on its own with no support and each group were given a limited supply of jelly sweets so had to be creative with them.

The two tallest towers were 35cm and 25cm so well done to those groups!

Some groups although may not have had the height certainly were creative with their designs and structures so well done for giving it a good go!



Student Leadership opportunities – Year 10 and Year 12



Calling all future leaders!

We are excited to be launching a new approach to our Student Leadership Team (previously known as the Head Girl Team), which will be bringing together student leaders from within both current Year 10 and Year 12. Student leaders from these two year groups will form our new Senior and Junior Student Leadership Team, working together to create greater cohesion and unity across the school, in an aim to ensure that all student voices from across the school have a say in developing and supporting the school to be the best it can be.

This is a fantastic opportunity for pupils interested in developing their leadership skills and taking an active role in the school community, and also looks brilliant on CVs!

Who are we looking for?

Ursuline Student Leaders will have a responsibility to the school, staff, and peers to uphold our values in everything they do. They will have energy, enthusiasm and a willingness to put others, and the needs of the wider school community, before themselves. Our Student Leadership Team will be role models to all students and, as such, have the highest expectations put upon them. Student Leaders are students who never settle for 'just enough' and always aim to be the best they can be.

Expectations:

- Outstanding behaviour in and out of lessons;
- Positive and proactive attitude to learning;
- Excellent records of attendance and punctuality;
- Outstanding behaviour outside of school;
- Demonstrable commitment to the school and its values.

Personal Qualities:

- Demonstrate all of our core values, including Serviam and the Ursuline Student Profile virtues
- Have a mature and thoughtful outlook
- Strong organisational and communication skills
- Able to work as part of a team and take direction
- Confident speaking to and in front of students and adults
- Approachable and friendly
- Motivated and enthusiastic
- Able to listen to feedback and make decisions

Interested in becoming an Ursuline Student Leader?

We will be providing students with further information regarding the Student Leadership Team application process in the Year 10 and Year 12 assemblies in the first week back following the half-term break, and Student Leadership Team job descriptions explaining exactly how to apply will also be posted to Satchel so watch this space!

If you have any further questions please see either Ms Cooper or Mr McGhee, or speak to your Head of Year.

Ms Cooper (Head of English/Extended SLT) and Mr McGhee (Head of RE/Extended SLT)



Careers News

Please note, below is just a snapshot of the opportunities and information posted on Satchel this week. For full details and links please check Satchel

Career corner: Careers in the Civil Service

From analysing data to help businesses grow, to researching issues like poverty and crime, to predicting the weather - the UK Civil Service offers a **wide spectrum of career pathways** for your students.

Many departments also offer **apprenticeships at various levels** in offices across the country, giving students the opportunity to gain qualifications as they work.

Check out these employer and career profiles, and share them with any students who you think might be interested! If they click '**Connect**' next to an employer's name, they'll be put directly in touch with that employer's recruitment team to learn about future opportunities.

- > [Employer profile: Government Economic Service \(GES\)](#)
- > [Employer profile: Met Office](#)
- > [Career guide: Social researcher at Government Social Research \(GSR\)](#)

Apprenticeships

KPMG AUDIT APPRENTICESHIPS

KPMG are still recruiting for their Audit apprenticeship programme in Bristol, Leeds and Birmingham. The L3 apprenticeship leads to a L4 qualification and offers a starting salary of £23,000. Applications close in June. Please share the link [here](#) with any interested students.

TESCO WEBINAR RECORDING

Catch up on the webinar with Tesco exploring their [Stronger Starts Retail Apprenticeship programme](#), opening for applications in June 2024. This webinar includes practical examples and first-hand advice on the application process, how to prepare, and what support is provided on the programme. Click [here](#) to catch up.

WEBINAR - ARMY APPRENTICESHIPS IN THE ROYAL SIGNALS

Join this webinar in June ahead of Armed Forces Day to learn about the role of the Royal Signals within the Army and what apprenticeship opportunities are available in that area. To register, please click [here](#).

The VFX Festival on 3rd –4th June.

If you're looking to network with a community of like-minded artists, accelerate your creative career, or hear about the big films and games in the industry, then you won't want to miss out.

Get excited for two jam-packed days at the **BFI IMAX** with a stellar line-up of panels of industry experts, including the **Women in VFX, Animation and Games Panel**

You can also expect talks on **Poor Things (Union VFX)**, **The Creator (Industrial Light & Magic)**, **Napoleon (Blue Bolt)**, **Doctor Who (Automatik and Painting Practice)**, **Under The Boardwalk (DNEG Animation)** and **Forza Horizon (Playground Games)**.

[Visit the website](#) to view the detailed agenda and find out about all the exciting talks.

Year 10 Zeiss Materials Engineering Summer School For Students in Year 10

Applications Now Open

The Zeiss Residential Summer School returns for a second year at Imperial College London from 19 to 23 August 2024. One of the world leading Microscopy companies, Zeiss provides microscope solutions for universities, companies and research institutions.

Participants will learn how microscopes are built and operate, how microscopy and materials science are interlinked and how the characterisation of materials can lead to a more sustainable future for all of us.

There will also be the opportunity to visit Cambridge and the Zeiss UK site, carry out tests in the Department of Materials lab and win a prize in the final poster competition. Participants will experience university life by staying on campus and participating in a range of social activities in the evening.

This summer school is free to successful applicants and includes all materials, accommodation, three meals a day as well as any trips that are part of the programme. Travel to and from Imperial is not included. Priority is given to applicants that meet the widening participation eligibility criteria.

Apply through the Aspire application system by 03 June 2024. For any queries about references, etc, please email me akodi-pecku@uai.org.uk

Mrs Kodi-Pecku, Head of D & T

Also...

Free engineering taster programme back this June!

TEDI-London's Thinking Ahead programme is a 2 week online challenge for your students to get an intro to the world of design engineering.

They'll put their creativity to the test and learn how to create a solution centred around sustainability and user needs, and then pitch their idea! It is also a great practical experience for topping up personal statements.

The programme is fully online for students to take part in outside of their regular studies and is structured over two weeks:

Week 1: Think like an engineer | 19 June - 26 June

Our interactive learning content will get students thinking like engineers. They can access and read this at their own pace to fit around their existing school schedules.

Week 2: Create like an engineer | 26 June - 3 July

Students will be set our challenge brief and have the week to come up with a design solution. Throughout there will be online sessions with the TEDI-London team and industry professionals to help students with the challenge and learn more about a career in engineering.

How can students apply?

Students must be aged 16 and over. They can take part individually or as a group (max 5 people) from anywhere in the world. They will need to fill out a short form on our website to apply by Wednesday 12 June.



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:

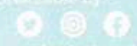
- Taking the meal is recommended but not compulsory
- Your daughter may receive additional help as a result of being registered, for example, help with the cost of music lessons or school trips
- No one will know and it will not affect any other benefits you are claiming
- Registering your daughter for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

Online Safety Standard by
INEQE 
 CHILDLINE PARTNER www.childline.gov.uk
Exam Stress
5 Tips To Thrive
This Exam Season

Do you recall the stress of exam season when you were at school? Hours of studying, sleepless nights and then the big day arrives; you find your place in the exam hall, turn over the page and try desperately not to crumble under the pressure.

For young people today, exam stress is no different – although it could be speculated that, if anything, it's worse. The pressures of social media, the impact on mental health from the pandemic and lockdowns and the interruptions to their education from the same, may all have their part to play in why increasing numbers of children and young people are turning to organisations like Childline for help with exam anxiety.

Good vs Bad Stress?

Some people will experience good stress that motivates them to revise and work hard, allowing them to perform at a higher standard. This sort of stress can be well within some young people's coping abilities. Bad stress refers to when someone experiences feelings of anxiety, mental suffering, affliction or it has negative implications.

How Can You Help?

1. Talking and Listening.

One of the first factors to consider is choosing your timing - don't pick a time in which they might feel rushed or distracted.

It may feel logical to ask a young person to come sit on the sofa or at the dining room table, but this could create an atmosphere of intensity – or, even worse, like they're in trouble! Instead, try open a conversation when you're in a more casual setting and with perhaps less intense eye contact! For example, when on a walk, out for dinner or in the car.

Ask open questions, i.e., questions that don't have a 'yes' or 'no' answer. Open questions allow space for the person answering to talk, rather than just give a short response that could 'kill' the conversation.

If you can, acknowledge that this might be a difficult time and that you know exams can cause stress and emotional upset.

For Example

I'm sure going through this period of your life with exams and studying must be very stressful – how are you feeling?

I remember being very stressed when I was doing exams and I could have used some extra support – what would you like me to do to support you through this time?

2. Know the Signs and What to Do.

Don't be afraid to seek support for children in your care if they display a number of the following signs that may be indicative of exam stress:

- Inability to sleep, eat and/or socialise.
- Uncontrollable feelings of anxiety, anger, stress and/or worry.
- Panic attacks, self-harm behaviours, and emotional outbursts.

If you are concerned about them, knowing where to turn to next is important – talk to the young person/people you support about organisations that can help, such as Childline.

3. Be Understanding.

Be flexible when it comes to your expectations; chores may have to take a backfoot for a while. If the young person in your care is struggling to cope, they may not have enough emotional 'room' to deal with other issues or situations – they aren't being selfish, their emotional capacity is simply 'full'.

It is important to remind young people to keep exams in perspective – they are short term and will eventually end, meaning the feelings of pressure and stress they have will end too.

4. Use Tech for Good.

Phones, laptops and gaming consoles are a big part of young people's daily lives – but in times of stress, they can become a force for good or for bad.

Look together at apps and websites that could potentially help to minimise their anxiety about exams, such as yoga and mindfulness apps. Understand that their screens may be the escape they require, despite it appearing outwardly unproductive. Connecting through social media, watching Netflix or playing a game may be the 'off-time' they need to keep them balanced and avoiding burn out.

5. Support Healthy Routines.

Alongside healthy screen time routines, it's important to make sure other aspects of a healthy lifestyle are being maintained, such as sleep hygiene, healthy eating habits and exercise.

Ensure your young people are aware of their own boundaries and when they need a break - there are apps available for this purpose. It can assist in ensuring they are revising in manageable amounts; not too much and not too little!

It's thought that when we sleep, our brains process information to create memories, a vital function when learning and retaining information. Physical activities like exercising, going for a walk or playing with your dog can be the break from school and screens that a young person needs. Exercise has many benefits to our physical and mental health.