



# Ursuline Academy Ilford

Weekly News – 2023/2024 Issue 35  
21st June 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  
5.00 – 6.00p.m.

### Year 11 Prom

Thursday 27 June 2024  
7.00 – 11.00p.m.

### Staff Inset Day – School closed to students

Friday 28th June

### Polling Day – School closed to Students

Thursday 4th July

### 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

**There are so many wonderful activities here at the Ursuline Academy. The range of trips and clubs on offer for our students is very impressive. Next week a group of students are travelling to Switzerland to visit CERN. You can also see a letter from Ms Colder below about the Humanities trip to Iceland next year. We are delighted to be running a range of exciting and adventurous activities.**

**On Thursday 27th June we are running a curriculum enrichment day at school. This means students will not be following their usual planned curriculum but we will be running an alternative curriculum. here are the activities:**

**Year 7: All day workshop in the hall; Human Utopia  
Year 8: Oracy workshops in classes; Talk the Talk – Talk about communication.  
Year 9: Spritual Day at Walsingham house led by the RE department  
Year 10: ICT and Careers lessons  
Year 12: Talk the Talk – Talk about the future – Oracy & Careers workshops.**

**Thank you, as always for all the support you give to the school! Have a blessed weekend!**

**Fiona Stone**



## Newsletter Contents this week:

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### Chaplaincy News

Pope Francis@Pontifex – 18th June 2024

We do not weave the fabric of human history by lumping together unverified information, repeating banal and falsely persuasive speeches, and shocking others with declarations of hatred. These actions strip people of their dignity. #NoToHate

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

**June: Ask**

**21st June: God alone knows what you need, and can and wants to provide for you.**

**22nd June: Be bound to one another by the bond of charity.**

**23rd June: The more you are united, the more Jesus Christ will be in your midst as a father and good shepherd.**

**24th June: And always let your principal recourse be at the feet of Jesus Christ.**

**25th June: Always be thankful.**

**26th June: There will be no other sign that you are in the grace of the Lord than that you love one another and are united together.**

**27th June: Be consoled, and have a lively faith and hope.**





## Chaplaincy News

Our student chaplaincy team came up with a brilliant idea to make disposal of rubbish competitive among the form groups. By allocating each bin to a tutor group, the tutor group whose bin has the most rubbish will be celebrated & rewarded each week!



**Gladys Adomako, Chaplain**



## **Drama News**

On Friday 14th June, Year 10 GCSE Drama students took part in a theatre workshop exploring the characters, plot and themes of the GCSE set text *Noughts and Crosses* by Malorie Blackman.

This enjoyable workshop enriched the student's study of this seminal text in preparation for the written exam component for GCSE Drama.

Thank you to Pilot theatre for delivering the workshop.



***Ms Milne, Head of Drama***

# English! English News

## **Year 8 Visit the Globe!**

On Tuesday 18th June, the whole of Year 8 visited the Globe Theatre. The students started the day by 'becoming a theatre goer' and writing about what they were experiencing as they sat outside the Globe Theatre. Students then had a guided tour of the Globe and some students had the exciting opportunity to watch the cast rehearsing for a later performance of 'The Taming of The Shrew'.

Year 8 then attended a Lively Action! Workshop with their English teachers which focused on Shakespeare's 'A Midsummer Night's Dream'. After lunch, the students then explored the exhibition at the Globe, they were able to try out the printing press and try on some of the costumes used in performances at the Globe. The students also took part in a photography competition and had to capture the best 'tourist shot' of the day. Entries are due on Friday 21st and we look forward to seeing these and announcing the winners next week! Thank you to the staff who supported and attended on the day!





## English News Continued...



**Ms Riste & The English Department**

# Iceland Trip Letter...

## 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



Dear Parent / Carer,

### **Geography Tour to Iceland, 3rd - 6th March 2025.**

We are delighted to announce that the Geography department will be running a trip to Iceland. The trip will be an unforgettable opportunity for students to experience Geography first-hand, supporting their classroom learning and bringing many aspects of the Geography curriculum to life. Priority for this trip will be given to students who are taking GCSE geography and who will be in year 10 next school year.

During the trip your child will have the opportunity to:

- Stay in the Hotel Ork [Hótel Örk - First class hotel \(hotelork.is\)](http://hotelork.is)
- Visit Reykjavik and have dinner out (included in price)
- Swim in the Secret lagoon <https://secretlagoon.is/>
- Attend the famous Golden Circle day trip. On this trip we will visit the Mid-Atlantic Rift valley, Strokkur Geysir, Gullfoss waterfall and Kerid crater
  
- See the breathtaking Seljalandfoss waterfall
- Hike up Solheimajokull glacier
- Explore the beautiful black sand beach
- Visit the Lava centre [LAVA Centre interactive, high-tech exhibition in Iceland | Book Your Ticket](#)

All these excursions and meals are covered by the overall price of the trip.

The trip is being organised by specialist group tour operator Rayburn Tours who has been operating educational trips for schools since 1965. Rayburn Tours is ABTOT bonded and ATOL protected, as well as being accredited by 'Learning Outside the Classroom and the School Travel Forum'.

**The students will be supervised by teachers and center staff at all times throughout the trip.** There will be regular information shared on the TEAMS Iceland 2025 Group and in January there will be an information evening for parents/carers to ask any further questions.

Proposed Tour Details										
Dates:	3rd - 6th March 2025									
Tour Inclusions:	<ul style="list-style-type: none"><li>• Return flights to Iceland with PlayAir via Stanstead airport</li><li>• 3 nights' accommodation at Hotel Ork</li><li>• Meals on a full board basis</li><li>• Resort coaching</li><li>• Programme of activities and excursions</li><li>• Comprehensive Aviva Travel Insurance</li></ul>									
Estimated cost based on 30 pupils. (Price may vary depending on uptake).	£813.00 per person									
Payments and due dates:	<table border="1"><thead><tr><th>Payments</th><th>Amount</th><th>Date</th></tr></thead><tbody><tr><td>Deposit</td><td>£150</td><td>ASAP</td></tr><tr><td>2<sup>nd</sup> Payment</td><td>£150</td><td>19<sup>th</sup> July</td></tr></tbody></table>	Payments	Amount	Date	Deposit	£150	ASAP	2 <sup>nd</sup> Payment	£150	19 <sup>th</sup> July
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2 <sup>nd</sup> Payment	£150	19 <sup>th</sup> July								



success in learning for all

Company No: 07737159

	<b>3<sup>rd</sup> Payment</b>	<b>£175</b>	<b>1<sup>st</sup> September</b>
	<b>4<sup>th</sup> Payment</b>	<b>£175</b>	<b>3<sup>rd</sup> October</b>
	<b>5<sup>th</sup> Payment</b>	<b>£163</b>	<b>8<sup>th</sup> November</b>
<b>Travel requirements:</b>	<p>All pupils require a current passport Please ensure passport is valid for six months after date of return.</p> <p>Non-EU passport holders may require a visa to enter Iceland and you should check on the Iceland country's government website to see whether this is applicable for your child.</p> <p>Passport applications: <a href="https://www.gov.uk/browse/abroad/passports">https://www.gov.uk/browse/abroad/passports</a></p>		

**How to confirm your child's place?**

To confirm your child's place on the trip, please complete and return the below form to Miss Colder along with your deposit of **£150.00** to be paid on parent pay.

Places on the trip will be allocated firstly to students who will be in year 10 next year and who are taking GCSE Geography.

**Information evening**

We will be holding an information evening next school year (14<sup>th</sup> January 2025) to provide further trip details and answer any questions. Please complete the below form to confirm your attendance.

We very much hope that your child will be able to take part in this fantastic experience. If you have any questions, please contact **Miss Colder** by emailing **hcolder@uai.org.uk**

Yours Sincerely,

Miss H Colder  
Head of Humanities

**Tour to Iceland, 3rd - 6th March 2025.**

Please complete and return to Miss Colder

I would like my child ..... Tutor group: ..... to participate in the trip to Iceland.

I have paid the £150 deposit on parent pay.

I will be attending the presentation evening on January 14<sup>th</sup> 4-5p.m. in the Hall.

Name .....(Parent/carer)

Signed .....Date.....



**ICELAND**





## **Islamic Society News**

### **Flourishing Islamic Society at Ilford Ursuline Academy: A Year of Success**

At Ilford Ursuline Academy, our Islamic Society has experienced a year of remarkable growth and vibrant cultural exchange. Through a series of events and activities, we have fostered a deeper understanding and appreciation of Islamic values, traditions, and contributions within our diverse school community.

One of our sessions on modesty and the role of women in Islam. These discussions have not only educated students about the principles of modesty and the esteemed status of women in Islamic teachings but also empowered young women to have good etiquettes and embrace their identities with confidence and pride.

Our exploration of Islamic culture extended to learning about various countries and their unique customs. This initiative celebrated the rich diversity within the Muslim world, highlighting how different cultures integrate Islamic practices into their daily lives. These sessions were complemented by delightful experiences, where students and staff savoured traditional foods, broadening their palates and appreciation for the flavours of the Islamic world.

The iftar event, held during Ramadan, was a significant highlight. It provided an opportunity for students, staff and governors to break their fast together, fostering a sense of unity and community. The shared meal was a testament to the spirit of togetherness and compassion that defines Ramadan.

Our Eid celebrations were marked by a series of joyous events, including a charity bake sale and an Eid party. The bake sale not only delighted participants with an array of delicious treats but also raised funds for charitable causes, embodying the Islamic principle of giving. The Eid party, filled with Nasheeds, and festive activities, was a true expression of our cultural heritage and community spirit.

For our Eid Al Adha party we treated the girls to a pizza party where we celebrated our achievements throughout the year.

A particularly enriching event was our Hajj session, here students learned about the significance of the pilgrimage to Mecca. We had engaging presentations and interactive activities created by year 12, and students gained a deeper understanding of the rituals and spiritual importance of Hajj. This event allowed students to connect with one of the Five Pillars of Islam in a meaningful way.

In addition to cultural and religious activities, we also explored the intersection of science, maths and Islam.

A special session highlighted the contributions of Muslim scientists throughout history, such as Al-Khwarizmi, Ibn Sina, and Al-Haytham, whose work in mathematics, medicine, and optics laid the foundations for many modern scientific advancements. This event demonstrated the Islamic tradition of seeking knowledge and the profound impact of Muslim scholars on the world.

Ms. Asbali, an accomplished author of "The Veiled Threat," has brought a unique and enriching perspective to our Islamic Society through her engaging session. Her expertise and literary background have provided students with profound insights into contemporary issues faced by Muslim women. Ms. Asbali's discussions, often revolving around some of the themes from her book, have sparked meaningful conversations on identity, resilience, and the challenges and triumphs of wearing the hijab in modern society.

Artistic expression was also a significant focus, with sessions on Islamic art and calligraphy. This allowed students to engage with the intricate beauty of Islamic artistic traditions looking at the beauty or art within Mosques around the world, fostering creativity.

We are excited to do end the school year with our final session's celebrating the warm connections and bond we have built with certificates and achievements awards.

The success of these initiatives would not have been possible without the dedication of our teachers. Special thanks go to Ms. Choudhry, Ms. Adam, Mr. Uddin, Ms. Tallat, and Mrs. Asbali, and all the students, leaders who delivered and supported throughout the year who led these activities during their lunchtimes and beyond, working tirelessly to ensure each event's success. Their commitment has been instrumental in creating a vibrant and inclusive environment for our Islamic Society.

A heartfelt thank you goes to Ms Stone for her continued support and Mrs. Ahmed for her leadership and vision in guiding the Islamic Society. Her efforts have been pivotal in orchestrating these events and nurturing a community of understanding and respect.

As we look forward to the future, we continue this journey of cultural enrichment and community building. Watch this space for more fantastic events that celebrate the essence of our Islamic traditions and values.

Reminder: Wednesday lunchtime in F7 - All welcome

**Iford Ursuline Academy Islamic Society: Celebrating Culture, Fostering Community**



Please see pictures below...





# Library News

Refugee Week 17 – 23 June 2024  
Theme is 'Our Home'.

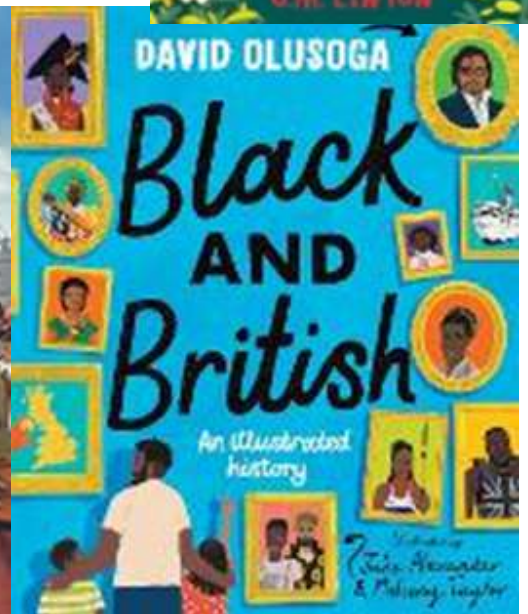
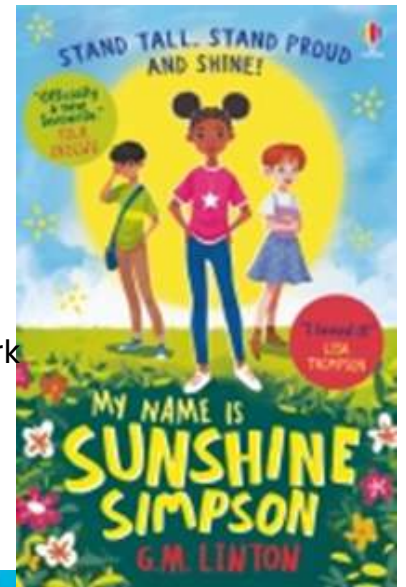


Library display with some book recommendations!



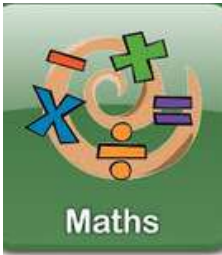
Windrush Day takes place on Saturday 22 June each year to mark the anniversary of the arrival of HMT Empire Windrush on 22 June 1948 at Tilbury Docks.

<https://londonist.com/london/things-to-do/windrush-day-events>



**Books available in the School Library to appeal to all age groups**

**Ms Finlay, Librarian**



## **Maths News**

### **Mathematics Homework**

Exciting news! We will be trialling the use of SPARX maths for mathematics homework for students in Y7 to 11. The first homework will be set on Friday 28th June, and then each Friday until the end of term.

### **What is Sparx Maths Homework?**

- Sparx provides personalized homework to each child, with questions that are challenging yet achievable, and tailored to their learning needs.
- The majority of each week's homework will be based on recently learnt topics, but it will also include some questions from previous topics to help reinforce their learning.
- Students access their homework on their online Sparx account, where they'll get immediate feedback for each question about whether their answer was correct or they need to have another try. There is an expectation that 100% of the work is completed.
- While homework is accessed online, it is predominantly a written homework and students should record their work in their maths books. Sparx has a "bookwork checks" system to help students form this habit.
- Every question in Sparx has a support video attached so that your child can get help independently if they are stuck on a question.

### **How can you help your child with their homework?**

- Provide a quiet space for your child to focus on their homework each week.
- Encourage them to start their homework early so they can get help from their teacher before the deadline if they get stuck. To ensure no gaps form in your child's maths knowledge, homework is not marked as complete until all of the compulsory questions have been answered correctly.
- Check the weekly email you'll get from Sparx and praise your child for starting or completing their homework. Encourage them to finish it before the deadline if they haven't already done so.
- Try not to help your child with a question until they've had a go first. It is essential they try to complete their homework independently so that Sparx can give them questions that are at the right level for them. Remember they can watch the support videos if they need to.

## What support is available at Ursuline?

Next week maths teacher will explain to their classes how they can log onto to SPARX and be ready for their first homework on Friday 28th June.

Maths club runs every Tuesday. However, until the end of term we will have an extra maths club on Wednesday starting 3rd July. These clubs will take place in the IT rooms from the 1st July, so we can resolve any problems your child has.

If anyone has IT issues at home, IT rooms are available every lunchtime from 12.40pm until 1.10pm. The school library has computers that can be used after school.

Maths teachers will be checking progress towards completion and support students with issues as the week progresses.

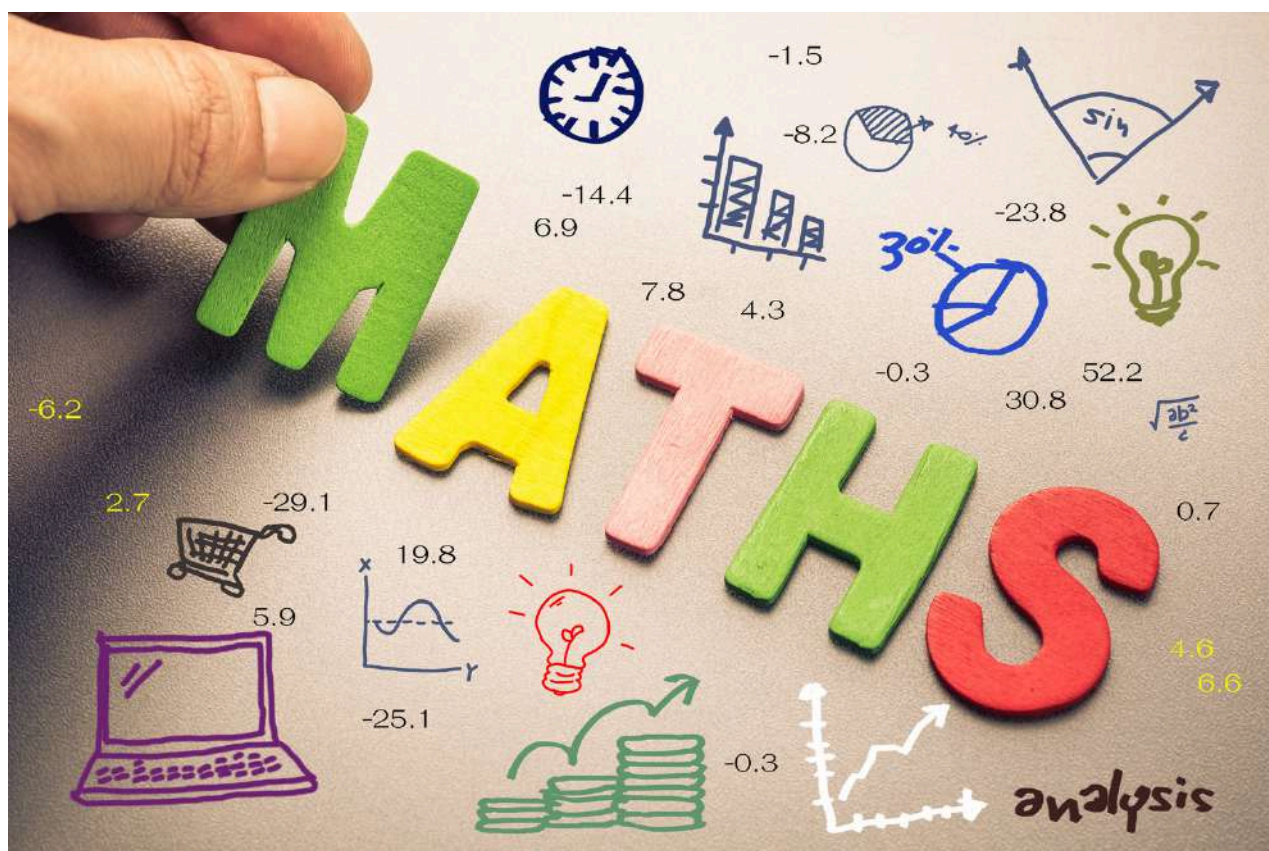
After the weeks homework is complete maths teachers will go through any topics or questions that need reteaching and explain misconceptions.

We hope you agree that Sparx will play an exciting and important role in growing your child's understanding, success and confidence in maths.

If you have any questions, please contact your child's mathematics teach in the first instance.

**Mr Deen**

**Head of Mathematics**





**Music News**

**URSULINE ACADEMY ILFORD  
MUSIC DEPARTMENT  
INVITES YOU TO A  
MUSIC  
SUMMER  
CONCERT**



**FREE ADMISSION**

**TUESDAY 9<sup>TH</sup> JULY 2024**

**6PM-7.30PM**

**SCHOOL MAIN HALL**

**FOR MORE INFORMATION**

**PLEASE CONTACT MS DELLER**

**020 8554 1995**

***Ms Deller, Head of Music***

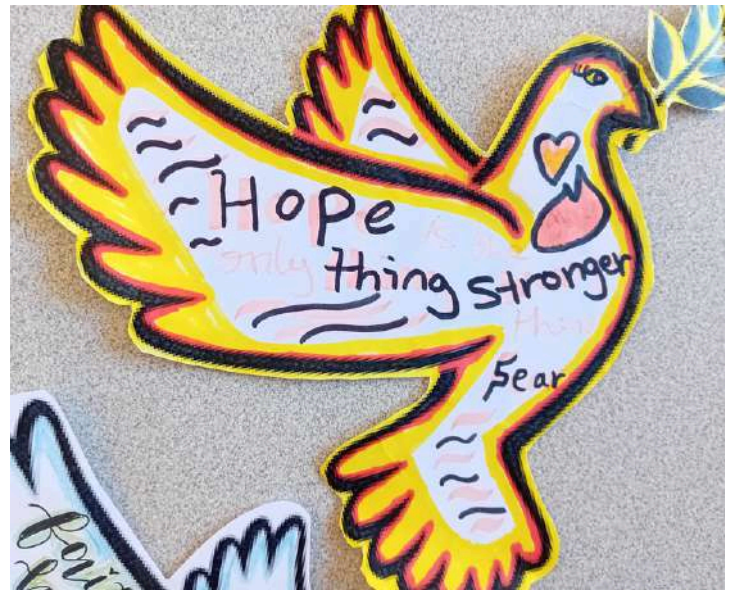


# RELIGIOUS EDUCATION

## R E News

The final half term of this academic year is here, and we are now focusing on being faith filled and hopeful.

With exams taking place across the school now, many students I am sure will be feeling full of hope and faith as they reflect on this virtue to guide them through the next chapter in their lives. Thank you to our year 7 and year 8 students for sharing with us what it means to be faith filled and hopeful and for showing great support to their friends and the wider school community through what is a very busy and at times stressful time!



**Ms Eakins, Teacher of R E**



**Lucilla**  
SCHOOLWEAR

**LUCILLA SCHOOLWEAR ANNOUNCES:**

# **URSULINE ACADEMY**

## **SPECIAL WEEK**

**WITH AN INSTORE OFFER OF 10% DISCOUNT  
WHEN YOU PURCHASE A FULL UNIFORM\*,  
INCLUDING PE KIT.**



**OFFER VALID FROM:**

**MONDAY 1<sup>ST</sup> JULY – SATURDAY 6<sup>TH</sup> JULY  
(2024)**

**OFFER REDEMABLE ON PRESENTATION OF THIS  
LEAFLET**

\*Full uniform consists of: Blazer, Cardigan/Jumper, Blouses, Skirt/Trousers,  
And all compulsory PE kit items. Any deviation is down to the managers discretion. Offer is  
only available instore.

Lucilla Schoolwear, 180 Cranbrook Road, Ilford, Essex. IG1 4LX  
Tel: 020 8554 5133 – Email: [info@lucillaschoolwear.co.uk](mailto:info@lucillaschoolwear.co.uk)  
Opening Hours: Monday – Friday – 9:00 – 17:30  
Saturday: 9:00 – 17:00  
Sunday & Bank Holidays: Closed  
[www.lucillaschoolwear.co.uk](http://www.lucillaschoolwear.co.uk)



## The Ursuline Academy Ilford

ITEM	SIZE	PRICE
<b>BLAZER - NAVY</b> WITH SCHOOL LOGO	28 30 32 34 36	£42.00
	38	£47.00
	40 42 44	£49.00
<b>PULLOVER - NAVY</b> WITH SCHOOL STRIPE	9/10 11/12 13	£19.00
	S M	£20.50
	L	£23.50
	XL XXL	£24.50
<b>CARDIGAN - NAVY</b> WITH SCHOOL STRIPE	9/10 11/12 13	£22.00
	S M	£23.50
	L XL XXL	£26.50
<b>BLOUSES - WHITE</b> REVERE COLLAR (TWIN PACK)	32 34	£16.00
	36 38 40 42	£19.50
	44 46	£20.50
<b>SKIRT - NAVY</b> BY WAIST	22 24 26 28	£31.50
	30 32	£32.50
	34 36	£33.50
	38 40	£35.50
<b>TROUSERS - NAVY</b> WITH LOGO	9/10 11/12 13	£23.00
	15/16 12 (Ladies)	£30.00
	14 (Ladies) +	£32.00
<b>APRON</b>	ONE SIZE	£7.75
<b>PE UNIFORM - Compulsory</b>		
<b>POLO SHIRT - NAVY/WHITE</b> WITH SCHOOL LOGO	26/28 30/32 34/36	£16.25
	38/40 42/44 2XL 3XL	£19.25
<b>SKORT</b> NAVY/WHITE STRIPED	22 24 26 28	£15.50
	30 32 34 36	£18.00
<b>SHORTS</b> NAVY/WHITE STRIPED	24/26 28/30	£12.00
	32 34 36	£13.00
<b>TRACKSUIT JACKET</b> NAVY/WHITE	9/10 11/12 13/14	£21.00
	S M L XL XXL	£29.00
<b>TRACKSUIT BOTTOMS</b> NAVY/WHITE	9/10 11/12 13/14	£18.50
	XS S M L XL XXL	£23.50
<b>PE BAG - NAVY</b>	LARGE	£9.50
<b>HEADSCARF - NAVY</b>	ONE SIZE	£5.50

### We Also Stock:

Socks &amp; Tights

School Bags

School Shoes

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Stationery

Name Labels

Football boots

Trainers

Shop at: [180 Cranbrook Road, Ilford, Essex, IG1 4LX](#)

Shop Online: [www.lucillaschoolwear.co.uk](http://www.lucillaschoolwear.co.uk)

### Opening Hours:

Mon - Fri: 9.00am - 5.30pm

Saturday: 9.00am - 5.00pm

Sunday: Closed

Whilst every care has been taken in the preparation of this price list we reserve the right to amend due to error or omission.



## **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

### **Virtual Work experience**

Virtual Work experience ranging from Civil Aviation to Cybersecurity. If you are 13+years you can register to take part in the many industries advertised. You will complete 5 hours of training at your own pace and will receive a certificate on completion. Check it out [Springpod Virtual Work Experience Search | Springpod](#)

### **University of London Taster Courses**

<https://www.london.ac.uk/study/taster-courses-schools>

**University of London Taster Courses are short courses at participating universities in and around London.**

They are one day or half day courses (some run slightly longer). They give you the opportunity to try out a variety of subjects.

### **University of east London Summer School**

<https://uel.ac.uk/about/schools-colleges/what-we-do/your-future-summer-school>

Tuesday 9 July – Friday 12 July. The Summer school will run from 9.30am to 3pm

The University of East London is a careers-first university and based on your feedback, this year we will be running a longer four-day on-campus Higher Education (HE) experience! Across the four days, you will engage in a mixture of subject tasters, career planning and skills workshops, personal development activities and HE-ready workshops that will support and inform your knowledge and future university applications!

**The closing date** for applications is **Thursday, 27 June, 2024.**

### **Step into the NHS work experience week**

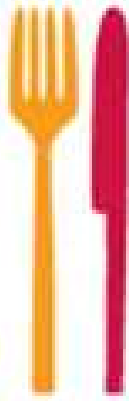
This programme is designed for individuals who are eager to gain hands-on experience in healthcare at Queens Hospital, King George Hospital and in community health settings and find out more about the impact of allied health professions.

- **Duration:** The programme runs from 5<sup>th</sup> – 8<sup>th</sup> August 2024 between 9-4pm
- Follow this link <https://forms.office.com/e/ci3MEiyiqcor>
- **The application deadline is 12:00pm on 12<sup>th</sup> July 2024**

### **Sport & Fitness**

- **Community activator coach:** Help keep your [level 2 apprenticeship](#).
- **Sports coach:** a [level 4 apprenticeship](#).
- **Sports turf operative:** Look after sports grounds, from international stadiums to local clubs, with a [level 2 sports turf operative apprenticeship](#)  
[Sport & Fitness \(successatschool.org\)](http://Sport & Fitness (successatschool.org))

**Free  
School  
Meals**



**Are you entitled?**



Dear Parents/Carers

When a child is entitled to benefits-related Free School Meals our school can claim additional funding to support the child.

Therefore whether you wish to apply for benefits-related Free School Meals, your child is accessing Universal Free School Meals, or you intend to provide packed lunches, we ask that you provide the required information to allow us to regularly check your eligibility for benefits-related Free School Meals and Pupil Premium. You can do this by opening the following link and completing the Microsoft form.

<https://forms.office.com/e/Q0dFbxaPcZ>

Please note if your child is already in receipt of Free School Meals we still require the form to be completed.

We emailed all parents this week regarding this matter and we have only had 25 responses!

We require **every** parent to do this...you only need to complete the form once, after that the London Borough of Redbridge will be able to check your eligibility.

Thank you for your cooperation in this matter.



## **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.

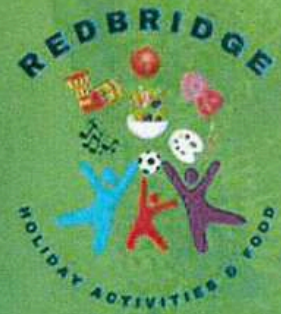


# REDBRIDGE

# Summer

# HAF CLUBS

Monday 29th July - Thursday 22nd August 2024



**ARE YOU IN RECEPTION-YEAR 11 AND RECEIVE BENEFITS RELATED FREE SCHOOL MEALS? ENJOY FREE SPORTS, TRIPS, ARTS & CRAFTS, COOKING & MORE!**

SCAN ME  
TO BOOK



**NEW SKILLS**

**FREE FOOD**

**NEW FRIENDS**

**FOR MORE INFORMATION CONTACT:  
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# 10 Top Tips for Parents and Educators

## PROMOTING PHYSICAL WELLBEING

Physical activity isn't only beneficial for our bodies; it also plays a role in promoting mental wellbeing. With both the Euros and the Olympics this summer, it's an opportunity to engage young people in regular exercise which can reduce stress, improve mood and boost self-esteem. Despite these benefits, many children face barriers to participating in physical activity.

### 1 MAKE IT FUN

Incorporate activities that children enjoy, such as playing games or dancing. Encourage participation in team sports or group activities to foster social connections and a sense of belonging.

### 2 MIX MOVEMENT WITH LEARNING

Educational settings can incorporate movement breaks and physical activities to enhance focus, concentration and cognitive function. Embedding exercise into the curriculum can also reinforce learning and stimulate creativity. 'Revision walks' with podcasts and flashcards can benefit older learners.

### 3 CREATE OPPORTUNITIES

Provide clear chances for physical activity throughout the day, both indoors and outdoors. Schools can encourage active play during breaks and at lunchtimes, while limiting screen time at home can help keep children up and about.

### 4 PROVIDE POSITIVE REINFORCEMENT

Praise and encourage children for their efforts and achievements in physical activity. Recognise their progress and celebrate their successes to reinforce positive behaviours. Educators could do this in several ways, such as applauding their efforts at assemblies or celebrating their accomplishments in newsletters.

### 5 VARIETY IS KEY

Introduce a selection of physical activities to keep children engaged and prevent boredom. From swimming and cycling to yoga and martial arts, trying different types of exercise can help children to discover what they enjoy most.

### 6 ENJOYMENT OVER COMPETITION

Encourage children to focus on the enjoyment of physical activity rather than winning or achieving perfection. Emphasise effort, improvement and having fun rather than outcomes, to minimise the amount of stress that children can sometimes associate with sports and other competitions.

### 7 SET REALISTIC GOALS

Help children set achievable physical activity targets based on their interests, abilities and preferences. Celebrate their progress and successes to maintain motivation and enthusiasm.

### 8 MAKE IT ACCESSIBLE

Ensure that children have access to safe, suitable spaces for exercise at home, at school and in the community. Advocate for inclusive environments which accommodate diverse needs and abilities. Be a change maker in your community if facilities aren't already available.

### 9 LEAD BY EXAMPLE

Parents and carers can be positive role models by prioritising their own exercise and involving children in their fitness routines. Gentle walks, bike rides or sports activities can be wonderful opportunities for bonding and staying active together.

### 10 ENCOURAGE PERSISTENCE

Help children develop resilience and perseverance by encouraging them to overcome challenges and setbacks in physical activity. Teach them the importance of perseverance and the value of effort in achieving their goals.

## Meet Our Expert

Adam Gillett is a learning and development specialist who, as well as working for Minds Ahead, is associate vice principal for personal development at a large secondary school in Barnsley. He was asked to be part of an expert research group for the Department for Education, one of only three school leaders to be asked to do so.



#WakeUpWednesday

The National College



## 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 – 1.15p.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
<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
	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
<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
	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
<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
	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				
<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
	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