



# Ursuline Academy Ilford

Weekly News – 2023/2024 Issue 36  
28th June 2024



## Upcoming Events

**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

Today we hosted the first Curriculum Enrichment Day at the Academy. Students in all year groups participated in some wonderful activities which support the development of their learning, skills and attributes.

Next month we are launching a new House system at the Academy. All students will be asked to submit their colour badges for we will no longer be using badges to identify year groups but each student will wear their **SERVIAM** badge colours for their house, new badges will be distributed to all. Students will be given house t-shirts to wear for Sports day which they will keep and wear to various other house activities throughout the year. Please see letter on page 16 with more details.

Sports Day on 12th July is the last time the Ursula house will go under this name. We have decided to rename this house for we are all Ursulines. We have chosen the inspiring St. Rose of Lima, and so all those forms who are currently labelled U will become R in September; 7R, 8R, 9R etc.

Please see the image below on page 3 for our house Saints, feast days and special quotes.

**SERVIAM**

**Fiona Stone**



## Newsletter Contents this week:

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### Chaplaincy News

Pope Francis@Pontifex – 24th June 2024

Never forget to take care of yourselves, not so much of the outside, but of the most precious part of you: your soul and heart. Listen to your soul in silence and speak to God, following the rhythm of your heart.#YearOfPrayer

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

**June: Ask**

**28th June: Blessed are they who preserve within themselves this noble yearning.**

**29th June: I beg God to bless you. In nomine Patris, et Filii, et Spiritus Sancti.**

**30th June: Charity directs everything to the honour of God.**

**July: Encouragement**

**1st July: May the strength and true consolation of the Holy Spirit be in you all.**

**2nd July: God will give you the necessary strength, provided you do what you can.**

**3rd July: I am continually among them provided they believe and do not lose heart.**

**4th July: God will never fail to provide for their needs, so long as nothing is lacking on your part.**



Feast Day: 29th April



**St. Catherine**

*"Be who God meant you to be and you will set the world on fire"*

Feast Day: 8th February



**St. Josephine**

*"I am definitely loved and whatever happens to me – I am awaited by this love and so my life is good"*

Feast Day: 5th September



**St. Teresa**

*"Be the living expression of God's kindness; kindness in your face, kindness in your eyes, kindness in your smile"*

Feast Day: 3rd July



**St. Rose**

*"The gift of grace increases as the struggle increases"*



## **Chaplaincy News**

A section of our girls enjoy Friday lunchtime board games in the playground, organised by our school chaplaincy team.



### **Refugee week colouring contest**

Winners have been selected from this year's refugee week colouring contest.

**Sarina Da Costa (9T)**

**Vira Hibliak (9T)**

**Daniella Asante (8U)**

**Khushi Ali (7T)**

**Sabina Ali (9U)**

**Sarah Ibrahim (8U)**

**Leigh- Anne Quarcoo (7T)**

The selection outcome was based on students' expressions about what our common home in the UK means to them, and also on the detail shown in their work.



**Gladys Adomako, Chaplain**

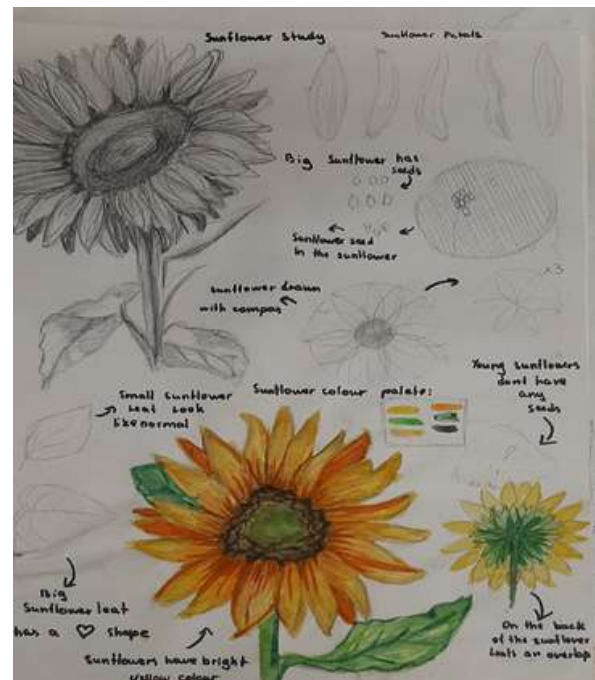




## Art News

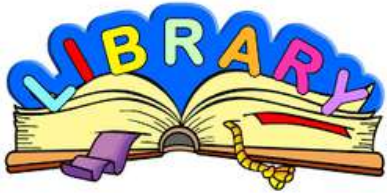
# Artist of the Month Alina Prynkevych Year 11

Alina has studied the sunflower and the national flower of her country. She looked at Vincent Van Gogh and after creating a lovely watercolour painting, Alina decided to attempt to create a bas-relief out of clay. She was inspired by Caitlyn Clayton and produced two figures in her style, but her real talent shone brightly when she created this wonderful bas-relief, depicting a sunflower stubbornly surviving in a hostile environment. Well done, Alina!



**Mr Butler, Head of Art**



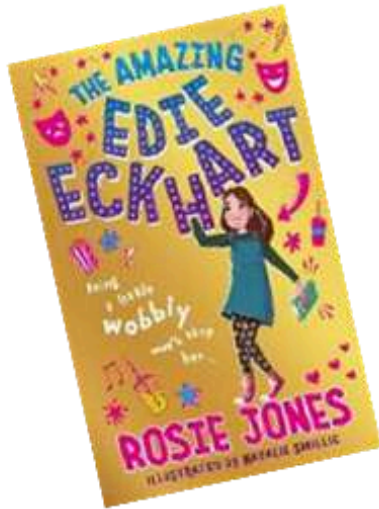


## Library News

### Learning Disability Week 2024

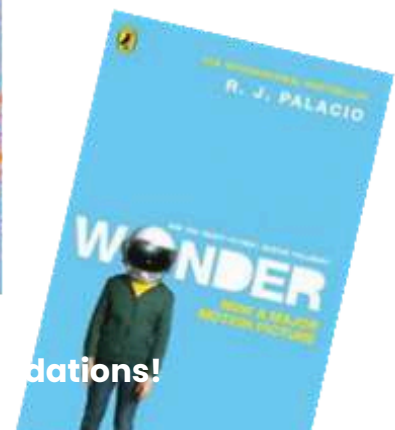
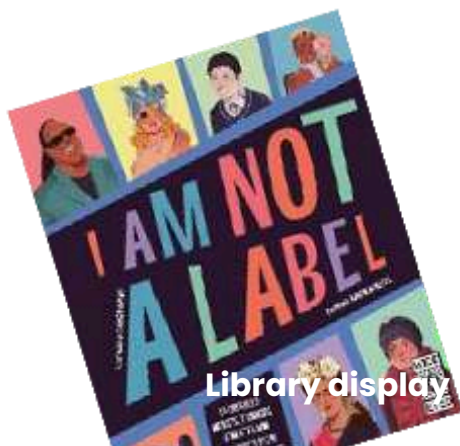
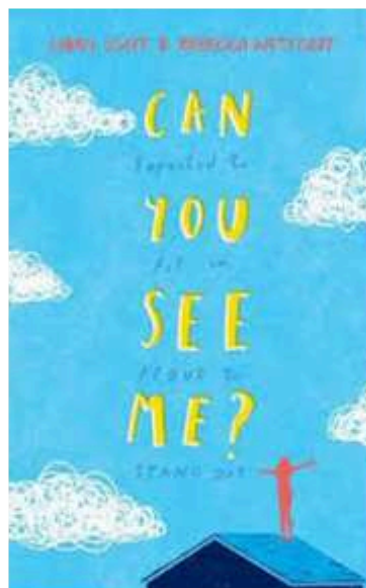
Do you  
**see**  
me?

ITSO



The theme of Learning Disability Week is  
**'Do you See Me'?**

Are we tempted to look the other way?  
Read just one of these library suggestions  
and you will gain a whole new perspective



Library display

uggestions!

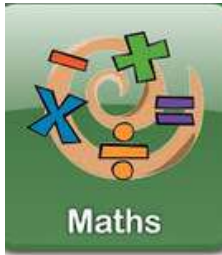


June is PRIDE Month.

These are just a few book suggestions in the library







## **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.

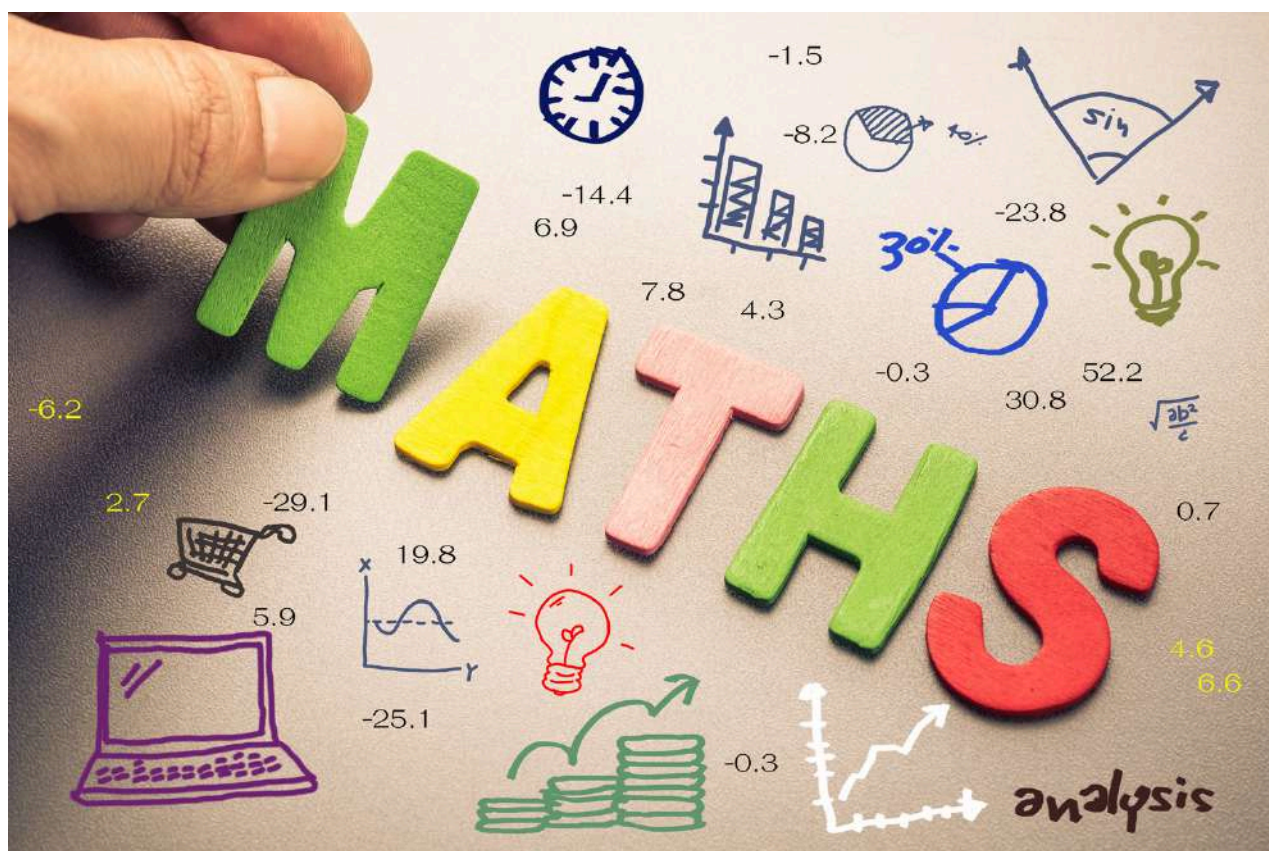
After the weeks homework is complete maths teachers will go through any topics or questions that need reteaching and explain misconceptions.

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***





## Pride 2024

On Wednesday break time staff and students joined in a pride celebration. We wrote supportive messages in chalk about the importance and beauty of love in all its forms and also about how people should be proud of who they are. It was a lovely event and reaffirms God's love for all individuals, regardless of who they are!



### **Mr Donovan**







**She Can Engineer INWED 2024 Celebration**



In 2016, June 23<sup>rd</sup> was established as a day to celebrate women in Engineering. In honour of the day, UAI kicked off the week for this year, celebrating two events, the first of which was our annual free event at the prestigious Institute of Mechanical Engineering's (IMechE) head office in Central London. As ever, a day filled with fun activities including a panel of inspirational speakers, providing students from eight other schools with insights into how engineers contribute and enhance our world all behind the scenes.



*I liked the depth of learning and about the ways and ethics of Engineering, I think the best part was when we attended the hall where engineers of different areas of expertise talked about their filed and jobs. **Shruthi Vijay 9T***

*I loved the day and had a great day discovering about different job opportunities in this field. **Haashini S. Balaji 9V***

*I had a lot of fun on the day, everything was educational also very entertaining. I enjoyed the engineer's debate and learnt many things about different fields of work in engineering.*

**Saeeda Ishak 8U**



*What I liked was the helpfulness of the staff there. The best part was the robotics and when we coded the robots. I also learnt about how Engineers are used and needed in constant things to better our community. **Cailyn Muntese-Abigaba 7C***

As always, a huge thank you to the wonderful She Can Engineer team for the invite who helped make the event like this possible. **Happy #INWED24 DT Team**





## ACCELERATING <<<<<<<<

### Women in Engineering



Our second event took place on Sunday 23<sup>rd</sup> June INWED day. 18 aspiring young engineers had an extraordinary privilege of attending a STEM event dedicated to promoting the role of females in the Motorsport industry and organised by **Driven By Us** (DBU). The event which was held at The Silverstone University Technical College (UTC) was made possible by the amazing James Dornor, an award-winning Systems Engineer and founder & CEO of DBU, a pioneering community-driven organisation on a mission to empower aspiring leaders from ethnic minorities and underrepresented groups into the automotive & motorsport industry.

The experience day was packed with STEM challenges to engage, inspire and educate students in the exhilarating world of automotive, motorsports & Formula 1 (F1) industry.



The day also featured a star-studded panel of renowned experts and industry leaders who shared their insights and experiences in a panel discussion, an F1 Academy race watch-along (to give students an exclusive look and learning into the world of F1 Academy and the cutting-edge technology and teamwork that drive the sport), a STEM team building challenge to design a concept for a sustainable F1 car and the thrilling watch-Along of the F1 Spanish Grand Prix with fellow enthusiasts, surrounded by an atmosphere of excitement, camaraderie and cheering for their favourite teams in Formula 1.

There were many highlights of the day but one that stood out apart from the panel discussion was the STEM challenge, which saw students tasked with designing a concept for a sustainable F1 car and justifying their decisions based on Engineering and marketing aspects which they had to present to the panel.



The panel included, Helena Hicks, the founder of Females In Motorsport (FIM) Stephanie Travers, a Senior Development Officer in F1 and the first Black woman to stand on the Formula 1 Grand Prix podium celebration, Laila Fadli Dokkali, an MSc Motorsport Scholar Awardee and Stephanie Alexander, a Senior Safety Calibration Engineer at Bosch and Chief Marshall at DBU. who are all current female professionals in motorsport industry. They offered networking conversations with our students and other attendees, giving invaluable insights into the world of motorsports engineering and spoke about how to break barriers and challenge stereotypes. The day’s events was hosted by Ella

Podmore MBE, the amazing award winning 2020 IET Young Woman Engineer and Supercar Materials Engineer. Our students finished event as very worthy runners-up in the challenge, and we were incredibly impressed by their talent and creativity!





They also gained career insights into the world of aerospace and aviation with the attendance of Mohammad Taher (The Airport Guy), who offered career guidance and introduced opportunities like Fantasy Wings; a pioneering course who aim to bring together pilots, aviation professionals and flight training organisations to help launch people from ethnically diverse backgrounds and women into the aviation industry. In all, the message was clear: Persevere and never give up on something you love and enjoy!



The day's experience was further enriched with a visit to the Silverstone Motorsports Museum, where we were given the rare opportunity to explore the rich history and Engineering marvels of F1. Special thanks to Katharine Worth from the Silverstone Museum who arranged the tour.

Overall, this event has empowered our students to dream big and pursue their goals with confidence. We extend a heartfelt thank you to James Dornor and the entire DRU team for making this unforgettable experience possible. Events of this nature demonstrate that education can be both entertaining and impactful, inspiring our younger generation and giving them tangible and meaningful goals to pursue. 🇬🇧 🇨🇦 🌟 🌟

**Ms. Tallat, Mr. Fan, Mrs Kodi-Pecku, Mrs Russell MBE**

*The trip to Silverstone UTC was a very enjoyable experience. The organisation DRU gave us lots of information about motorsports and Engineering. It opened my eyes to opportunities that are open to me for the future. I really liked the experience with the guests who talked about their stories of the journeys to where they are today. - **Nabiha Awais 9T***

*I thoroughly enjoyed the experience as a whole; I think that the best part of the day was the networking session. Interacting with the professionals really opened my mind as to possible career options going forward as I shared similar interests. Its reassured me that I can pursue my dreams. I learnt about the true depths of the world of STEM and the experience has sparked my interests to learn more about marshalling in the sport – **Samia Baichoo 10J***

*I felt excited when I saw the Silverstone racetrack and the vehicles in the Museum was really cool because they were all used in professional races by some amazing, talented and professional race car drivers! I also learnt about their stories in some of the memorabilia on sale in the gift shop. Lastly, the STEM activity was fun to work on with my team. It took me out of my comfort zone to meet and work with other young people who like researching and being competitive – **Amelia Ali 9T***

*It was a really wonderful experience for me! I like the networking sessions, talking to lots of people about their careers in Engineering including professional, students like me and other people in Engineering learning fields. The best part of the day for me was preparing for the presentation because it helped me to improve on my*



communication with other people. I have learnt that no matter where we come from, we can together as a community of like minds achieve better – **Linh Dinh 10T**

I really liked the pure kindness and hospitality of the whole event and day organised by James and his team DRU. I especially liked the STEM challenge and the watch along Spanish GP! Throughout my time on the trip, the more activities we did, the more I realised my love and passion for the motorsport grow. Many thanks to the organisers and our teachers for a truly inspiring day – **Sophia Latona 8J**

What an inspiring day to see women in Motorsport Engineering especially as its seen as male dominated industry! The panellists were very inspiring and friendly and made time to encourage and speak with us. I had an amazing time especially during the Q&A sessions as most of the questions I had were answered. The best part of the day was the unexpected visit to the Motorsport Museum. It was simply wonderful! My experience of the day... No matter what work experience you get; it will be super beneficial for any career pathway you take – **Raheema Mohamed Yousuf 10C**

I think this was a very informative experience, I really liked the networking part of the day, where it helped me to meet new people and think about my future options. - **Haashini S. Balaji 9V**



# 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



June 2024

Dear Parent/Carers

We have decided to introduce a House System at Ursuline.

A house system in schools is designed to create a sense of community and foster healthy competition among students. Students are divided into houses, which then compete against each other in various activities and events. The system encourages collaboration, competition, teamwork and group loyalty.

Our Ursuline house colours are as follows:

**Catherine, Josephine, Teresa, Rose**

Just before Sports Day, your daughter will be issued with a 'House T-Shirt'. This is for her to keep for the duration of her time at Ursuline.

These T-Shirts must be worn for all house events/challenges/competitions/sports days etc. It is your daughter's responsibility to ensure she attends her house event/challenge/competition/sports day with a clean T-Shirt. Failure to do so will result in a demerit being given and a £5 fine incurred to enable the school to issue her with a new T-Shirt.

If your daughter out grows her T-Shirt, she should return it to the school before the event she is required to wear it for, and she will be given a new one.

T-Shirts must be returned to school when your daughter leaves Ursuline.

We are really excited to introduce the house system at Ursuline and hope you can support us with this.

Yours faithfully

Ms Fiona Stone  
Headteacher



success in learning for all



**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

Shin Pads

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

### **Apprenticeships with the BBC**

If you're interested in an apprenticeship at the world's largest public broadcasting organisation, join this webinar to gain insight into the range of apprenticeship opportunities at the BBC, from journalism, project management, data science, engineering and much more. We will hear from members of the BBC's Early Careers team about the opportunities available, what the recruitment process is like and how to make your application stand out from the crowd. We'll also hear from current apprentices about their journeys and what life as an apprentice at the BBC is like.

**Oct 22, 2024 03:30 PM in London** [Webinar Registration - Zoom](#)

### **Stronger Starts Retail Apprenticeship programme**

This is one of the few apprenticeship programmes that doesn't require young people to have any qualifications or experience when they start. After completing the programme, they'll gain a Level 2 National Standard in Retail which is the equivalent of **5 GCSE passes**.

This opportunity is part of Tesco's Stronger Starts campaign to support the communities in which it operates. Thousands of school children across the UK are already benefitting from a £5m grants programme that helps schools that lack resources to pay for nutritious food for pupils and play equipment to keep children active.

Why not head over to our website to find out more about the application process and pick up some helpful hints and tips before you apply. Find out more and [apply](#), but hurry as roles fill up fast.

### **Virtual Career Talks in partnership with UCAS**

#### **SUMMER SERIES 2024**

Busting the Myths around Apprenticeships Discover Opportunities with UCAS and Virgin Media O2. UCAS Virtual Careers Talks Students, Careers Leads and Influencers **WEDNESDAY 26TH JUNE 6PM**

<https://events.teams.microsoft.com/event/990f1905-cfb5-4119-af66-73ef41b4ca5a@2c8c4c97-6926-4adc-ac27-287bc4c1c16b>

#### **THURSDAY 18TH JULY 6PM Careers in STEM**

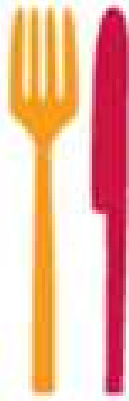
Join Virgin Media O2 to Understand More <https://events.teams.microsoft.com/event/b38b0c92-6698-4346-8d89-a1d416104690@2c8c4c97-6926-4adc-ac27-287bc4c1c16b>

### **Animation, Games or VFX degree**

Post-16 students are invited to our undergraduate taster day in North Greenwich, London on **Saturday 13th July**. It's a perfect intro to the creative industries as students test drive our degrees in animation, video games, and visual effects (VFX).

**Date:** Saturday 13th July **Time:** 10.00am - 3:00pm **Place:** Escape Studios, 6 Mitre Passage, North Greenwich, London, SE10 0ER [Book Now](#)

**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.

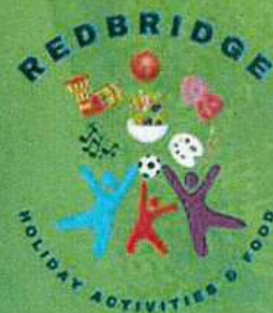


# REDBRIDGE

# 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:  
HAF@REDBRIDGE.GOV.UK OR VISIT  
FIND.REDBRIDGE.GOV.UK/HAF**



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## Extra-Curricular Activities

Day	Activity	Time	Room	Year
<b>EVERYDAY</b>	Library Club: CFI	Lunchtime & After School	Library	Years 7 - 13
<b>EVERYDAY</b>	IT Club: RGO/HGU	12.40 – 1.10p.m.	F6/F7	Years 7 - 13
<b>MONDAY</b>				
<b>BREAKTIME</b>	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
<b>LUNCHTIME</b>	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
<b>AFTER SCHOOL</b>	Athletics Club: JMA	3.30 – 4.30p.m.	Playground/Gym	All Years
<b>TUESDAY</b>				
<b>BREAKTIME</b>	Music Practice (Invitation only): SDE	10.40 – 11.00am	S5	Years 7-11
<b>LUNCHTIME</b>	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
	Maths Club: SDN	1.10 – 1.40p.m.	F6/F7	Years 7-10
<b>Fortnightly</b>	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
<b>AFTER SCHOOL</b>	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>				
<b>BREAKTIME</b>	Ukulele Group: DEA	10.40 – 11.00a.m.	S5	Years 7-8
<b>LUNCHTIME</b>	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
	Maths Club: SDN	1.10 – 1.40p.m.	F6/F7	Years 7 - 10
	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>				
<b>BREAKTIME</b>	Music Practice (Invitation only): SDE	10.40 – 11.00a.m.	S5	Years 7-11
<b>LUNCHTIME</b>	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
<b>Fortnightly</b>	African Caribbean Society: TKA/NKA	1.10 – 1.40p.m.	S6	All Years
<b>Fortnightly</b>	ECO Club: HCO/JMC	12.40 – 1.00p.m.	G3	Years 7-8
<b>AFTER SCHOOL</b>				
<b>FRIDAY</b>				
<b>BREAKTIME</b>	Music Practice (Invitation only): SDE	10.40 – 11.00a.m.	S5	Years 7-11
<b>LUNCHTIME</b>	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
<b>AFTER SCHOOL</b>	Running Club (all distances): JMA	3.20 – 4.15p.m.	Playground/Gym	All Years



# What Parents & Educators Need to Know about GAMBLING

## WHAT ARE THE RISKS?

Gambling can be defined as betting or risking money or something of value on the outcome of a situation involving chance. Under current regulations, gambling is legal for adults in the UK. Its potential impacts on the wellbeing of individuals, families and communities are well documented – emphasising the importance of safeguarding children and young people against these hazards.

### MANIPULATIVE ADVERTISING

Adverts for online bookmakers and betting exchanges can raise concerns about targeting vulnerable groups, fostering addiction, promoting misleading expectations, impacting mental health, affecting social norms, posing regulatory challenges, influencing minors and other ethical issues. Effective regulation, responsible advertising practices and public education are essential to mitigate these concerns and address the potential harms associated with excessive exposure to manipulative advertisements.

FREE BET!

### ADDICTIVE FEATURES

All gambling products carry safety concerns, but some can be even riskier and more addictive. The frequency with which people can place bets can encourage them to do so often – with rapid spins and multiple betting options, for example. Betting on sports events, especially with live in-play betting options, can be highly engaging and habit forming. The 24/7 availability of online platforms can also increase the risk of excessive gambling, particularly among young people.

### PEER PRESSURE

Exposure to gambling through friends, influencers or social circles can normalise risky behaviour and create unrealistic expectations about the chances of winning. Addressing peer influence requires support services, responsible advertising practices and effective education on the subject to minimise the impact on children and promote healthier choices.

### IMPACT ON MENTAL HEALTH

Gambling can exacerbate mental health issues such as anxiety, depression, and stress – especially if it leads to financial loss. Individuals with existing mental health conditions may use gambling as a coping mechanism – but the cycle of gambling can worsen their symptoms, creating a detrimental impact on overall wellbeing. Integrated support services and treatment options are crucial to address these interconnected challenges effectively.

### GATEWAY BEHAVIOURS

Certain features of other products – such as video games that offer in-game purchases – can lead to gambling among young people. These mechanisms can sometimes be designed to exploit psychological vulnerabilities, encouraging repeated spending to acquire virtual items or advantages. Such practices can normalise the associated risks and desensitise young people to putting their or their family's money in danger.

### FINANCIAL DIFFICULTIES

The most common impacts of online betting come in the form of financial losses and debt. This, in turn, can lead to distorted perceptions of money, deterioration of relationships, social isolation, and poor academic and career outcomes. Regular gambling can even exacerbate other risky behaviour by making it seem less significant – potentially leading to a cascade of health impacts and financial loss.

## Advice for Parents & Educators

### ENCOURAGE OPEN DISCUSSIONS

Sporting events can be a good opening for conversations about gambling, as some sponsorships may reference and even glamourise it. Talk to children about how these promotions make them feel and encourage frequent conversations about any concerns they may have. Adverts, influencers and online platforms may also feature gambling products. As a child grows, it's important to encourage their critical thinking skills to help them avoid being manipulated by this type of marketing.

### KNOW THE WARNING SIGNS

Parents and educators should be vigilant for signs of gambling harm among young people. Look for changes in their behaviour such as increased secrecy, unexplained money issues, mood swings or withdrawal from their usual activities. Open conversations about gambling risks and maintain a supportive, non-judgemental environment. Try to familiarise yourself with resources and helplines for assistance and guidance.

### MONITOR SPENDING

In-game purchases can be appealing to children, allowing them to unlock new features or cosmetic items in a fraction of the time it would take to win them by playing. Talk to children about how they spend money online; an interest in what video games they play can encourage the conversation. Consider setting up restrictions on their devices, requiring their parent or carer's permission before making any purchases. Talk about finances regularly and openly.

### GET FURTHER SUPPORT

Support and treatment for young people is available via the Young People's Support Service at GamCare, who can be contacted at 0808 8020 133. A link to their website has also been included in the sources of this guide, along with links to several other support networks. Your GP and local NHS gambling clinic are also available if you require additional advice. Don't hesitate to reach out for help if you're concerned about a child's gambling behaviour or their financial situation.

### Meet Our Expert

Ygam's mission is to prevent children and young people from experiencing gaming and gambling harms through awareness raising, education, and research. The charity was established in 2014 as a result of the lived experience of their founders.



Source: See full reference list on guide page at <https://nationalcollege.com/guides/gambling>