



Ursuline Academy Ilford

Weekly News – 2023/2024 Issue 37
5th July 2024



Upcoming Events

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 & Carers,

this week I am reaching out to gather your opinions in the third and final round of stakeholder questionnaires at the school. In the Spring term we gathered the views of staff and students and now we want to hear from you. I would be very grateful if you could complete this survey by Friday 19th July. Your views are very important to us and the responses will be used to inform our school improvement planning for next year.

<https://forms.office.com/e/kzDWd3RjuB>

Below are many great stories and photos from the last week including the Chaplaincy & RE department Ursuline day for Year 10s, the Art, Music & Drama celebration evening, talk the talk workshops from our Curriculum Enrichment Day, MFL Mexican cookery and wonderful images from the Athletics students. A great celebration of the range of events happening at the Academy. You'll also see some nice photos from the staff retreat day we attended at Abbotswick, Brentwood last Friday. Staff enjoyed a day of prayer and contemplation and had great fun too.

SERVIAM

Fiona Stone



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Chaplaincy News

Pope Francis@Pontifex – 1 July 2024

#Prayer is the driving force of our life. It can seem like an abstract reality, far from our problems. Yet, prayer is essential, because we cannot go very far on our own. We are not all-powerful, and we fail miserably when we think we are. #YearOfPrayer

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

July: Encouragement

5th July: Put all your zeal and strength into carrying out your duty.

6th July: Do not be afraid of not knowing and not being able to do what is required in such a unique responsibility.

7th July: be happy, and always full of charity and faith and hope in God.

8th July: Charity directs everything to the honour of God and the good of souls.

9th July: The suffering of this world is nothing in comparison with the blessings which are in Paradise.

10th July: Live a new life.

11th July: Be attentive, with a great and longing heart.





Chaplaincy News



Year 10 spent this Tuesday in the company of other year 10 Ursuline girls from Brentwood, St Angela's and Greenwich. They were treated to a host of activities, seminars and even a performance from our international artiste Adenike, a former student of Ursuline Academy Greenwich. Adenike even penned this beautiful message for all our students, see below...

Our theme was 'Being sent out...' and the morning commenced with a very powerful input from Steve Murray, mime artist with Behold ministry. **Raheema** said, 'I am very close to my father and Steve's mime called 'In my Fathers chair' really moved me'.

Barry and Margert Mizen lost their sixteen year old son to a random act of violence some years ago and felt God was calling them to be sent out to tell others that forgiveness was the Christian response in the face of grief and violence and loss. **Abeni** said, 'I was deeply touched when Maragret said she couldn't smile for many months after the death of Jimmy. Sometimes I feel that way and when I went home I spoke to some people to forgive them; I felt much better afterwards'

The Year 10 students interacted with each other in a range of workshops that enabled them to get to know each other and deepened their understanding of the different ways that our Ursuline Student Virtues can be lived out in our lives. Headteacher of Ursuline High School Wimbledon, Mr Eoin Murphy, said, 'You could take a student from my school and put her into the Ursuline Ilford and she would be right at home, as well as the other way around, the virtue of SERVIAM pervades everything the school does.'



Mr Francis McGhee Head of Religious Education.



Art News

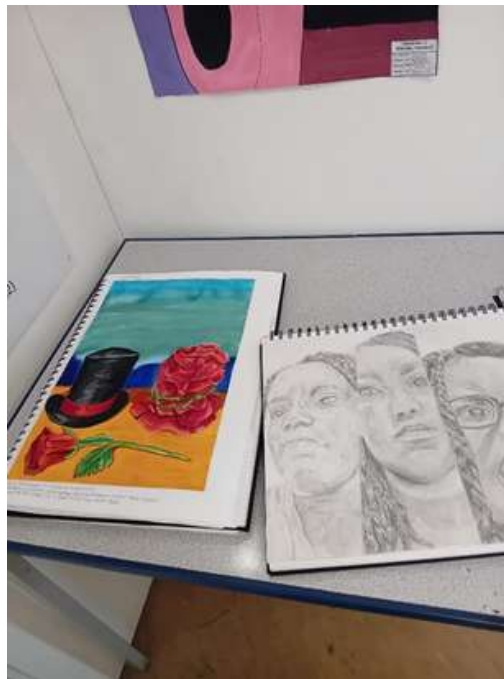
Art, Music and Drama exhibition Wednesday 26th June

On Wednesday we had a private view of GCSE/ A level student's artwork and to showcase some very talented musicians and drama students. The evening featured beautiful songs both instrumental and vocal. There was a lovely duologue written especially about an art piece relating to split personalities by **Suhani Bhoopalan** and **Hana Asghar**. It was huge success, and our thanks go to Ms Deller and Ms Milne for organising the music/ drama events and to the music performers: **Bianca, Katherine, Annabel, Wiktoria, Chidera, Malaika, Veronica, Ana, Habiba, Alyssia, Sabeen, Christine, Aaliyah, Shreshti, Milly, Afsheen, Tolu, Isha, Harshikaa** and **Zionee**.

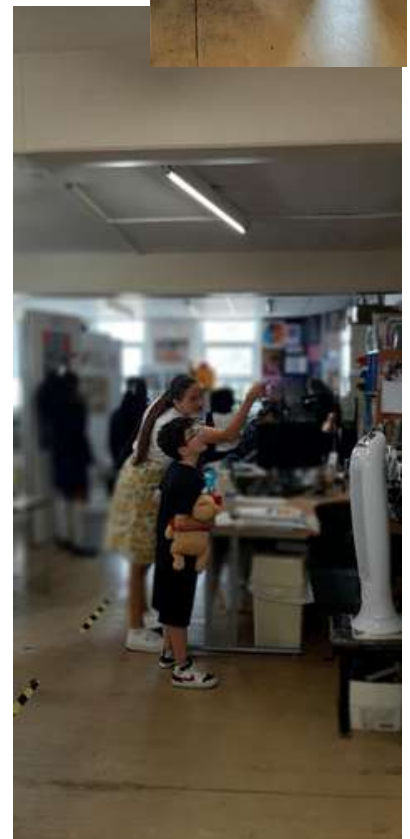
Congratulations to all the students that completed GCSE / A level Art – excellent work was on display.

Well done to all and especially, the Premises team for providing the refreshments.

Mr Butler, Head of Art



Mr Butler, Head of Art





Curriculum Enrichment Day – Year 8 and Year 12 Oracy workshops

Expert trainers from **Talk The Talk** visited on **Thursday, 27th June** to work with both **Year 12** and **Year 8** students as part of our Curriculum Enrichment Day, teaching our students the importance of oracy and how to harness oracy skills to help them achieve. The students were all extremely engaged and it was fantastic to see pupils fully participating and sharing their ideas, voices and opinions – such a key life skill!

The **Year 12 *Talk About The Future*** workshop was an expertly led discussion and series of activities to support students to identify their own unique life experiences and skills and then then develop their ability to use oracy to effectively articulate those experiences, skills and employability value.

Year 8's *Talk About Communication PLUS* was a full day workshop that supports the development of verbal communication skills for a variety of life situations. Working in groups, students are set tasks throughout the day that focus on honing the skills required for active 'group talk' – for meetings, interviews, seminars and the workplace.

Active listening, the art of negotiation and debating skills are explored through a variety of activities designed for students to experience differing roles and differing discussion environments.

'We demonstrate that speaking out should be an experience that we CAN do – and one that is nowhere near as daunting as we might think. One of the keys to the success of the Talk The Talk programme is creating an environment of mutual respect with a supportive ethos so that when students stand up and voice their opinions, share their thoughts and present their ideas – their skills and confidence grow'

Talk The Talk

Talk The Talk's mission is to develop students' oracy skills and communication confidence to support positive interaction in all life situations and improved social outcomes.

Talk The Talk has trained over 115,000 students to be confident communicators across England and Wales since they began in 2013, and it was wonderful to see this work being completed with our own students to build their own oracy confidence to support them both in the classroom and in the wider world of work in the future.





Year 12s in action, learning how to effectively use oracy skills in interviews



Year 8 students putting their group oracy skills into practice

While all students participated within the workshops, each trainer selected two Oracy Champions from each workshop, recognising them as having huge potential to become a star of the future due to their outstanding aptitude to communicate confidently and persuasively!

Year 12 Oracy Champions:

- **Maariyah Siddiq 12U**
- **Nashra Kazmi 12T**
- **Emaan Tahir 12T**
- **Saleha Abid 12J**
- **Zaina Butt 12J**
- **Asra Ashraff 12C**
- **Akuoma Duru 12C**
- **Miethursha Narentrakumar 12C**

Year 8 Oracy Champions:

- **Nancy Rola 8C**
- **Hidaya Tahir 8C**
- **Angel Bamgbopa 8J**
- **Khaira Mahdiya 8J**
- **Zaynab Kagdi 8T**
- **Zahra Ali 8T**
- **Amber Verdant 8U**
- **Khadijah Khan 8U**
- **Bristy Roy 8U**
- **Fola Oludoyi 8U**

If you would like to learn more about Talk The Talk and the workshops run, you can find more information here: www.talkthetalkuk.org

Ms Cooper, Head of English / Extended SLT





MFL News

In Spanish today Year 8 learnt how to make Guacamole, a delicious Mexican dish made from ripe avocados. The students tried the dip with some tortilla chips and found it to be very tasty indeed! Fue delicioso!

Señor Clare, Teacher of Spanish



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***





## Ursuline Athletics Season 2024

We have had a very busy few weeks with the athletics clubs as students prepared for the Redbridge Schools Athletics Championships. Year 7 and 8 event was on Wednesday the 12th of June and Years 9 and 10 on the 19th of June. Both fixtures took place at Astons in Woodford Bridge. All the students lucky enough to be selected were a credit to the school with their attitude and behaviour. Our team competed against all the other schools within Redbridge, with up to 17 competitors in each event. The top performers are listed below:-



**Habiba** - 100m **Gabriella** - shot  
Relay (**Shyheima, Azzurra, Veronica & Habiba**)



**Precious** - 800m, **Mercy** - Discus, **Fola** - 200m, **Azzurra** - 200m,  
**Benita** - Long Jump, **Eunice** - Shot, **Tolu** - 100m



**Audrielle** - shot

### Hot off the press - Year 7 Essex Athletics Champion

As a result of Precious and Mercy's silver medal at the Redbridge Schools Championships on Wednesday 26th June, they both represented the borough at the Essex Schools Championships at Chelmsford. Mercy's discus training in school had gone well and we had the wonderful news that she finished in GOLD medal position against all the best school throwers in Essex. Absolutely amazing!



Earlier in the month **Habiba** represented Redbridge at the Essex Schools for Years 8-11. In a very strong field in the 300m Habiba qualified for the final. Habiba has had a very strong first full season with her club, slashing her personal best performances in all the sprint events.

If anyone would be interested in taking athletics further please see Mrs Mansell for details of local clubs.

Congratulations to all our students who have represented the school over the last couple of weeks!

Training for all students will continue for the next few Mondays after school to help them prepare for our sports day on Friday 12th July.

## Year 7 & 8 Medalists...



## Year 10 Field Event Medalists...



## 100M & Relay Medalists...



**Mrs Mansell, Teacher of P E**

# 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



## Sports Day ~ Friday 12<sup>th</sup> July 2024

Preparations are now complete for the Sports Day. **Girls are asked to make their own way to and from the Stadium at Cricklefields.** They should arrive at the venue **no later than 9.00am.** The girls will be registered again at the end of the day, just after presentations have been made. We are planning to finish at around 2.30/3.00p.m. Please ensure your daughter has appropriate outer wear for the weather on the day and ensure that proper precautions are taken against sun and heat burn.

### Uniform:

This year we are introducing the house system across all aspects of school life. To make Sports day a visually stunning event, we have ordered house colour t-shirts for all students and staff. All students will be given a T-shirt at the start of the day, and these will be collected in at the end of the event. Please ensure students are dressed appropriately to be able to wear a T shirt on top of their clothing. Students are also able to bring in their own accessories in the colour they have been allocated. Please note, Students will be staying the same house colour throughout their time at the Ursuline.

Catherine: Blue  
Josephine: Green  
Teresa: Red  
Ursula: Yellow

### Lunch and Fluids:

The school will provide packed lunches for those who are entitled to them. I would be grateful if you would sign and return the enclosed form if you would like your daughter to have a packed lunch, otherwise they should ensure they bring their own packed lunch with them. Please ensure that the packed lunch slip is returned to school reception no later than **Friday 28<sup>th</sup> June** in order that lunches can be catered for.

The girls should bring **plenty** of water to last them the whole day. An ice cream van will be there on the day if any students would like to buy an ice cream or drink. We will also be selling drinks and snacks to raise some funds for the school.

### Directions:

The Cricklefields Stadium is in Cricklefields Place, which is off the High Road Ilford, IG1 1FY (by Isaac Newton Academy), the number 68 bus stops practically outside it. The following buses can also be taken: 150, 145 and 128. If girls are using these buses, they should get off at Tesco Express in Green Lane, they should then walk up Highbury Gardens and turn left. The track can be found on the left behind the Isaac Newton Academy. **Please note the entrance is off the High Road not Green Lanes.**

I trust that staff and students alike will have a great day. Please contact me if you have any queries.

Any parents wishing to join us for the occasion will be more than welcome, but there will be no egg and spoon races for the over 30s!

Yours sincerely,

K Keogh  
Head of PE

Sports Day ~ Friday 12<sup>th</sup> July 2024

Student Name:..... Form:.....

- I will provide my daughter with a packed lunch
- My daughter is entitled to be provided with a packed lunch

Please tick as appropriate

Signed:..... Date:.....

Parent/Guardian

Please return to Form Tutor by Friday 28<sup>th</sup> June 2024



success in learning for all

Company No: 07737159

Registered Address: Morland Road, Ilford, Essex, IG1 4JU

Tel: 020 8554 1995

Email: [enquiries@uai.org.uk](mailto:enquiries@uai.org.uk)

Website: [www.uai.org.uk](http://www.uai.org.uk)

**There has been a slight amendment to the Uniform/House System, please see letter below for further details...**

# 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



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Email: [enquiries@uai.org.uk](mailto:enquiries@uai.org.uk)

Website: [www.uai.org.uk](http://www.uai.org.uk)

Just a few pictures of how excited the girls were to get their tops this week. We loved that they all wanted to wear them and try them on straight away!



### **An exciting and enriching adventure with Year 9 students**

Last week the RE Department along with the Year 9s went a trip to Walsingham House and had various workshops there. One workshop was focusing on "Arts in Nature." This unique experience blended creativity with the beauty of the natural world, offering students the chance to explore and express their artistic talents in an inspiring outdoor setting.

Students engaged in various activities, including landscape painting and nature-inspired crafts.

This trip aimed to not only enhance artistic skills but also to foster a deeper appreciation for the environment. By merging art and nature, students gained new perspectives, develop critical thinking, and build lasting memories.



**Ms Posnakidou, Teacher of RE**

# Staff INSET Day Friday 28th June

Staff went on Retreat last Friday to Walsingham House Abbotswick, where we spent the day learning about Catholic Social Teaching. Please see a selection of photos of our 'Gratitude Walk' and lunchtime 'bonding sessions'!







**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><br>WITH SCHOOL LOGO               | 28 30 32 34 36      | £42.00 |
|                                                        | 38                  | £47.00 |
|                                                        | 40 42 44            | £49.00 |
| <b>PULLOVER - NAVY</b><br>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><br>WITH SCHOOL STRIPE           | 9/10 11/12 13       | £22.00 |
|                                                        | S M                 | £23.50 |
|                                                        | L XL XXL            | £26.50 |
| <b>BLOUSES - WHITE</b><br>REVERE COLLAR<br>(TWIN PACK) | 32 34               | £16.00 |
|                                                        | 36 38 40 42         | £19.50 |
|                                                        | 44 46               | £20.50 |
| <b>SKIRT - NAVY</b><br>BY WAIST                        | 22 24 26 28         | £31.50 |
|                                                        | 30 32               | £32.50 |
|                                                        | 34 36               | £33.50 |
|                                                        | 38 40               | £35.50 |
| <b>TROUSERS - NAVY</b><br>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><br>WITH SCHOOL LOGO     | 26/28 30/32 34/36   | £16.25 |
|                                                        | 38/40 42/44 2XL 3XL | £19.25 |
| <b>SKORT</b><br>NAVY/WHITE STRIPED                     | 22 24 26 28         | £15.50 |
|                                                        | 30 32 34 36         | £18.00 |
| <b>SHORTS</b><br>NAVY/WHITE STRIPED                    | 24/26 28/30         | £12.00 |
|                                                        | 32 34 36            | £13.00 |
| <b>TRACKSUIT JACKET</b><br>NAVY/WHITE                  | 9/10 11/12 13/14    | £21.00 |
|                                                        | S M L XL XXL        | £29.00 |
| <b>TRACKSUIT BOTTOMS</b><br>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 & Tights | School Bags | School Shoes   | Shin Pads |
| Stationery     | Name Labels | Football boots | Trainers  |

Shop at: [180 Cranbrook Road, Ilford, Essex, IG1 4LX](https://www.lucillaschoolwear.co.uk)

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

### **Creative Careers.**

Have you ever considered a career in the Creative Industry? Click on this link to find out details of the many, many careers to explore.

[Find your perfect role in the creative industries - Creative Careers \(discovercreative.careers\)](#)

### **PWC - Virtual Classroom events**

Our [Virtual Classroom summer series](#) continues. Students in **year 10-13** can come along to find out more about our programmes, develop their employability skills and hear from members of our Student Recruitment team.

Here are the sessions they can join us on;

- **Looking ahead to your career options: Degree programmes** - Wednesday 10 July 4:30-5:30pm.
- **Looking ahead to your career options: Apprenticeships** - Wednesday 17 July 4:30-5:30pm.

They can find out more and [sign up here](#).

### **LIVE Virtual NHS Work Experience session on Sunday 7th July, starting at 8:30am**

All aspiring healthcare workers ages 14 - 18 are encouraged to register for this as soon as possible if they haven't done so already.

<https://alliedhealthmentor.org/nhs-healthcare-careers-virtual-work-experience/>

During the work experience day, students will hear from an exciting guest speaker and then follow 2 patients from their initial presentation to recovery. They will gain a unique insight into how patients interact with a variety of healthcare professionals and what it's like to work in an NHS multidisciplinary team. This includes:

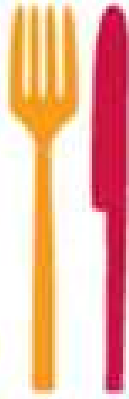
- Nursing, - Midwifery, Paramedicine, Physiotherapy, Occupational Therapy, Dietetics, Radiography  
Prosthetics and Orthotics, - Speech and Language Therapy, Pharmacy

Our guest speaker for this session is Natalie Hicks, a seasoned Occupational Therapist, with a wealth of knowledge and insights to share.

Students are awarded a Work Experience Certificate for every session they complete. Those who complete the full programme will be awarded a Highly Commended Reference from the Presidents of Allied Healthcare Mentor. These are fantastic additions to their CVs!

Places are £10 a session to cover administrative and technological costs.

**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.



London Borough of

**Redbridge**

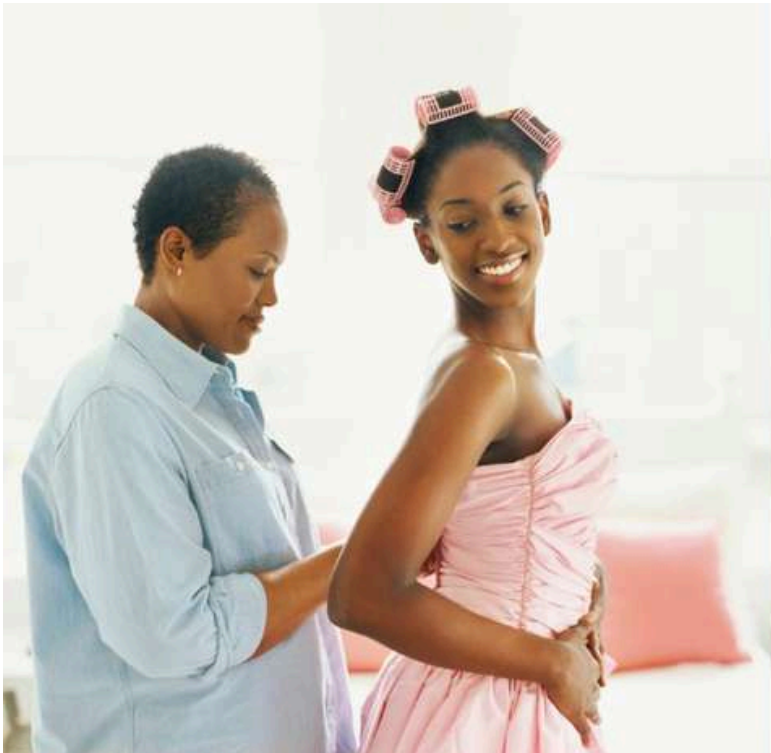


**Redbridge News**

Some see hard work. You see a Happy Ever After. Foster for Redbridge.

You could be the one to teach a teenager independence and help to guide and coach them into adulthood. Over 300 children in Redbridge are unable to stay at home for a variety of different reasons and need foster care. Be the change that they need and help to make a difference to their life.

If you have a place in your heart and home to foster a young person, please call us on 020 8496 3437, email [hello@localcommunityfostering.co.uk](mailto:hello@localcommunityfostering.co.uk) or join us on our next virtual information session on 19 July 2024 10am to 11am. Visit <https://www.redbridge.gov.uk/fosteringschools> to book a place.



LOCAL COMMUNITY  
**Fostering**  
REDBRIDGE

**Some see hard  
work.  
You see a happy  
ever after.**

**Foster for Redbridge**

**020 8496 3437**

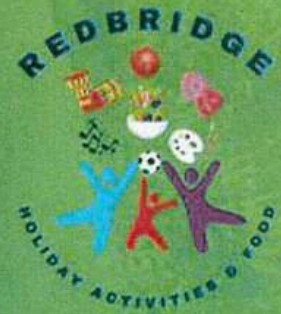
**[www.redbridge.gov.uk/fostering](https://www.redbridge.gov.uk/fostering)**

# 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  
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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 ONLINE TROLLING

The term "trolling" refers to sending hurtful or provocative comments – often done anonymously online – to provoke a reaction or cause emotional distress. Anonymity can embolden people into saying things they wouldn't dare say in person. Euro 2024 and other tournaments tend to put an emphasis on this, with the abuse of both players and fans often increasing during such events.

## WHAT ARE THE RISKS?

### ESCALATION

Many trolls begin with silly, banal comments before moving on to a broader pattern of offensive messages and posts. They can also turn their attention very quickly to a new target if they grow bored with an existing one, which makes engaging with one fruitless at best – and potentially dangerous at worst.

### HIDING BEHIND A SCREEN

Because trolls tend to use anonymous profiles, they enjoy a lack of accountability. This also means they'll often have multiple profiles, potentially switching between them regularly or posting across several of them at the same time, making a target feel as though there's no escape. After all, once you block one account, what's to stop them reappearing elsewhere?

### 24/7 CONTACT

The Internet has given us the ability to remain in contact at any time, from almost anywhere in the world. A troll having the ability to reach you whenever they want can leave you feeling like their abuse is unavoidable. While they don't see you in real life, they can message you at any time, reach out to your peers online and even try to discover your personal information to scare you.

### HATE SPEECH

Sadly, many trolls resort to spewing racial slurs, homophobic attacks and awful stereotypes, as these often stand the best chance of causing emotional harm. This can add a hefty degree of weight to their attacks, moving from what might charitably be described as "teasing" into a genuine hate crime. After Euro 2020, three England footballers were racially abused, resulting in several prison sentences.

### IMPACT ON VICTIMS

It's not uncommon for the victims of trolls to shut down their accounts, disappear from public life, and try to stay out of the crosshairs for a time – with some even leaving social media forever. This can have a severe impact on children and young people's connections to friends and the world at large, and may not even actually stop the troll. The victims' families, for example, may have online profiles that trolls can still access.

### NORMALISATION OF TROLLING

It is, regrettably, inevitable that some people will go too far in their criticisms or comments, both online and in the real world. This can lead to many people seeing trolls and their abuse as part and parcel of social media – an inherent risk of interacting with others online. This doesn't mean, however, that it should be considered "normal" or even tolerated.

## Advice for Parents & Educators

### USE PARENTAL CONTROLS

While social media platforms (where most trolling tends to happen) aren't always helpful when responding to abusive behaviour, parents can set up screen time limits, so children only get to use certain apps at certain times. There's always the potential for trolling to occur anyway – such as friends showing screenshots to one another – but this would minimise the likelihood of children seeing it.

### DON'T ENGAGE WITH ABUSE

A well-known adage on social media is "don't feed the trolls". Fundamentally, if a child identifies a potential troll online, it's best not to engage with that individual directly. Instead, consider setting up a log to gather evidence for reporting them later on, including screenshots and quotes where possible.

### ENCOURAGE EMPATHY

While every professional athlete aspires to maintain high standards, it's important to separate the player from the person. A player's performance doesn't make them worthy of abuse, and that can often be forgotten by younger children who simply see the colour of the shirt without considering the person wearing it. For all the rivalries between teams, it's essential children understand that players are still human beings, with families and lives outside of sport.

### BLOCK AND REPORT

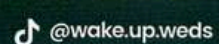
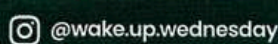
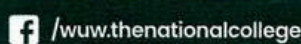
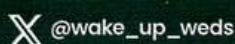
While anonymous accounts make it difficult to block trolls permanently – or even for very long – it's still good practice to help children learn to control who can engage with them online. It's not worth "feeding the trolls", and it's more helpful to block them, report them, and try to move on. Blocking and reporting is an anonymous process, too, so there'll be no indication of who specifically blew the whistle.

## Meet Our Expert

Lloyd Coombes is the Editor in Chief of G@Recon, and has been working in the gaming and tech industry for five years. A long-time fan of Arsenal, he's a parent who understands the importance of online safety. He's also a tech and fitness writer whose work has been published on sites including IGN, TechRadar and many more.



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