



# Ursuline Academy Ilford

Weekly News – 2023/2024 Issue 38  
12th July 2024



## Upcoming Events

**Annual Prizegiving**  
Wednesday 17 July  
6.00 – 7.30p.m.

**End of Year Trips**  
Monday 22 July

**End of Term**  
Wednesday 24th July  
12.40p.m.



## Headteacher's Headlines

Dear Parents & Carers,

I am so very grateful to all the parents who have completed the survey, I am looking forward to carrying out the analysis soon. If you have not yet had a chance to do so please click on the link below:

<https://forms.office.com/e/kzDWD3RjUB>

On Friday we held our annual Sports Day, this morning I told my colleagues in briefing it was by far the best Sports day I have attended during my 25 years working in schools. Next week we will have numerous photos and articles for you to enjoy. The launch of our new house colours was a visual joy to behold.

This week we are celebrating our house saints in Assemblies. Here is a reminder of our House mottos.

SERVIAM

Fiona Stone



St. Catherine of Siena

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

Nov 27<sup>th</sup> March 1347 (Martyr) Died 28 April 1380



St. Josephine Bakhita

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

Nov 1880 (Museum, Sudan) Died 27 February 1987



St. Teresa of Calcutta

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

Nov 26<sup>th</sup> August 1910 (Alumbré, India) Died 27 September 1997



St. Rose of Lima

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

April 23<sup>rd</sup> April 1586 (Peru) Died 24<sup>th</sup> August 1617



## Newsletter Contents this week:

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### Chaplaincy News

Pope Francis@Pontifex – 7 July 2024

Let us renew our commitment to pray and work for #Pece, especially in martyred Ukraine Palestine and Israel, Sudan, Myanmar, and every place where people suffer from war.

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

**July: Encouragement**

**12th July: Act, move, believe, strive, hope, cry out to him with all your heart.**

**13th July: Consider that we live in the midst of snares and dangers.**

**14th July: If you see one timid and inclined to despondency, comfort her.**

**15th July: Encourage them to then go forward willingly.**

**16th July: God has given free will to everyone, and wants to force no one, but only proposes, invites and counsels.**

**17th July: We will hear god's voice all the more clearly the more purifies and clean our conscience.**

**18th July: Armed with God's sacred precepts, let us conduct ourselves courageously.**





## CERN Trip

### **A Memorable Trip to Switzerland**

On the 25th of June, our students embarked on an unforgettable journey to Switzerland, filled with educational experiences, cultural explorations, and plenty of adventure.

### **A Day at the United Nations**

The trip commenced with a visit to the United Nations headquarters in Geneva. Our students had the rare opportunity to witness a live global meeting and explore the monumental conference rooms where world issues are deliberated. This exposure provided a unique glimpse into international diplomacy and the workings of global governance. It was so good to see girls engaging with the tour and then trying to identify the different country flags outside the UN building.





Students exploring the conference rooms and getting a guided tour of the United Nations offices.

### Exploring the city of Geneva

After an intellectually stimulating day, students embarked on a thrilling scavenger hunt around Geneva, creatively organized by Mr. Fan. This activity not only fostered team-building skills but also led students to key sites such as Jet d'Eau, the Geneva Art Museum featuring Claude Monet's works, the famous Flower Clock, and the historic St. Pierre Cathedral. The hunt also took us to the longest bridge in the world and a building with a countdown marking the end of the sun's life. Throughout the journey, our sixth formers motivated and supported the students. We laughed, we talked, and we walked—a lot!





### **Visit to CERN**

The visit to CERN, the renowned European Organization for Nuclear Research, where they gained profound insights into one of the world's most advanced physics laboratories. students marvelled at the cutting-edge facilities and learned about the collaborative efforts of international scientists striving to unlock the mysteries of the universe.

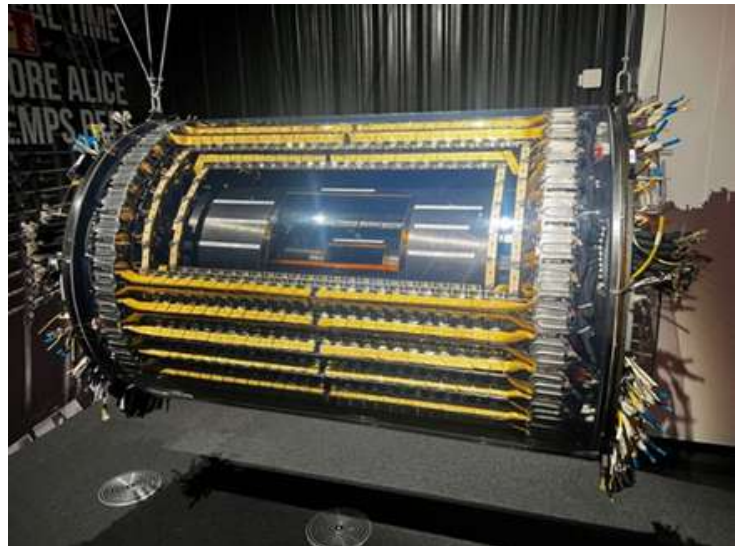
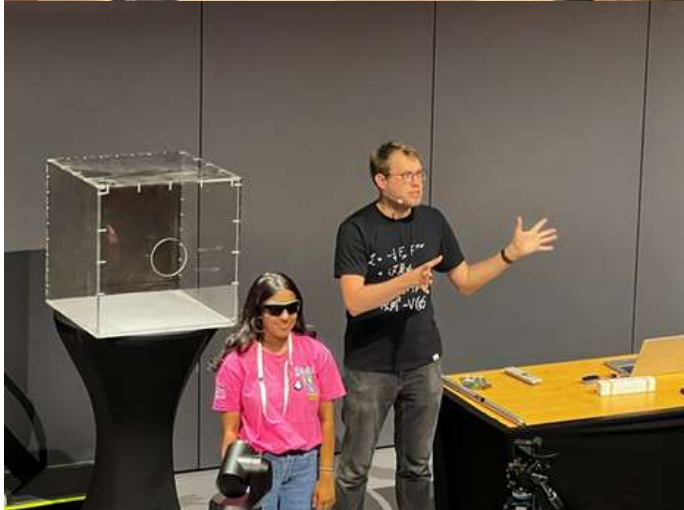
### **A visit to the Art gallery**



Miss Tallat, Mr Robertson, Miss Eakins and Mr Fan



A highlight was experiencing the bubble chamber, where they witnessed the tracks of subatomic particles. They also attended an informative lecture on particle accelerators, during which **Aleena Sethi** from year 8 bravely volunteered to speak in front of a large audience, showcasing our students' enthusiasm and engagement. The visit concluded with a guided tour of the facility, leaving students inspired and eager to learn more about the fascinating world of particle physics.



## A Scenic Picnic and Boat Cruise

Mr. Robertson's brilliant idea of a park picnic on the last day allowed everyone to bask in the sunshine and enjoy the stunning views of the lake. The day concluded with a picturesque boat cruise and a delightful ice cream break. Students also had the opportunity to ride a Ferris wheel with their friends and purchase some souvenirs, making the day even more memorable



## Flight Cancellation & 11 hour journey from Geneva to Calais: A Lesson in Resilience

Just when the trip seemed perfect, news of a flight cancellation broke. However, our students' resilience and positive spirit shone through. They embraced the situation, enjoyed face painting at a local school festival, and remained cheerful throughout. Their behaviour exemplified the core Ursuline values, making us incredibly proud

## A Memorable Journey Home

The next day began early with a 6 am start for an 11-hour journey to Calais. Despite the long drive, students relished the scenic views of the French countryside and cherished moments spent with friends. Upon arrival in Ilford, they cheered the teachers with claps, and warm embraces from their parents.



### Mr Fan:

I was absolutely thrilled about our school trip to Geneva—my first ever visit to Switzerland! The anticipation of exploring such a unique part of Europe was electric. For me, the highlight was finally getting the chance to tour CERN, a missed opportunity from my A-level school days that I'd always regretted. Geneva immediately impressed us with its pristine streets and a reassuring sense of safety, especially noticeable during our metro rides and city walks.

Our adventure really came to life with a scavenger hunt around the city. Yes, it was exhausting and yes, my legs ached like never before, but it was incredibly fun! The students' energy and competitiveness brought the city's landmarks to life in a whole new way.

The absolute best part of the trip was our "second last day" (not the last day because our flight home was cancelled just hours before departure! The resulting extra night in Geneva turned into an impromptu coach ride back to London the following day.). We relaxed in a park with a leisurely picnic, then set off on a boat cruise, soaking in the sun, the gentle breezes, and the breathtaking views of Geneva. It was a perfect moment of peace amid the excitement.



Throughout the trip, the power of maths in action at CERN left a strong impression on me, reminding me of its global impact. Throughout the trip, the profound application of mathematics at CERN left a lasting impression on me, truly highlighting its monumental impact across global scientific communities. Witnessing first-hand the intricate data analysis and theoretical calculations that fuel the experiments, like those involving the Large Hadron Collider, was awe-inspiring. Observing these practical applications of maths in such a groundbreaking setting not only deepened my appreciation for the subject but also ignited a newfound excitement to convey these concepts to our students. The trip reinforced my conviction that mathematics is not just about numbers and equations; it's a universal language that enables us to decode the secrets of the universe. Looking back, the trip was not just about seeing new places—it was about the unforgettable moments we created together. What an incredible journey!

Last but not least, I must extend a heartfelt thanks to Miss Tallat, Miss Eakins, Mr Robertson and the three 6th formers – Akshaiya, Joeliyn and Muntaha. The 6th formers were eager to help look after the younger students and certainly made our jobs easier. The teachers' tireless efforts made this trip not only possible but a resounding success. Each of them brought their unique energy and expertise, enriching our experience and ensuring everything ran smoothly.

#### **Miss Eakins:**

Our trip to Switzerland was incredible and a real learning experience for all involved – teachers included! It was fantastic to have the opportunity to visit CERN and the United Nations and to understand so much more about their global impact.

We had so much fun and there was a lot of laughing from beginning to end! On our first evening, after a beautiful day at the UN, we experienced the wrath of a very heavy downpour, followed by some pizza and an early night. The following days were spent exploring Geneva, taking in the sights and learning how to navigate a new city by foot. Walking was definitely not everyone's forte (!!) so we became pretty familiar with the tram system too. Our flight cancellation on Friday came as quite a shock, however, all was not lost when we were told that we may need to take the more adventurous route home.

his started with a 11-hour coach journey up through France to Calais. From here we travelled across to Dover on the ferry, and this was followed by an additional two-hour trip from Dover back to Ilford. It was a whirlwind, but I have to say how proud we all were of our students. They were so well-behaved, full of positivity and adventure and made the trip so much easier.

Everyone really pulled together, and I think I can speak for each of us when I say that we were all United in Harmony!

When I am older and I think of Switzerland, I am going to remember how much fun it was especially with my friends. It will be one of my greatest memories with my friends.

**Rihanna J Year 10**

My favourite part of the trip was when we went to CERN because it was fun to do the experiences and learn about particle physics

**Tareena D Year 10**

My first oversea school trip and it was amazing, one of the best experiences and I will carry with me forever.

**Kirpa G Year 10**

There are no words to describe how I happy I felt on the trip especially the 11 hour coach journey; visit to CERN and of course how frizzy my hair was in the heat.

**Aleena S- Year 8**

During the UN visit we had a glimpse of the conference rooms- it was beautiful. I really enjoyed the tour and I saw many art works – Ema J year 9

I really enjoyed seeing the sights and visiting CERN. I learnt a lot about particle physics-

**Sarinah C year 10**

Switzerland was such a fun experience and I got to enjoy it with all my friends. It was educationally, culturally enriching.

**Aoife B Year 10**

The Switzerland trip was a remarkable blend of education, culture, and fun. Our students not only gained invaluable knowledge but also demonstrated exceptional character, making it a truly memorable adventure.

A huge thank you to my amazing team—Mr Robertson, Miss Eakins, and Mr. Fan—for making this trip unforgettable.

A massive thank you to all the students for their resilience, patience, and positive energy; you kept us smiling all the way through. Of course, a thank you to all the parents for their support and kind words, and to Miss Stone who made it all possible.

I will definitely do this again!

**Miss H Tallat**





## Design & Technology News



**DESIGN &  
TECHNOLOGY  
ASSOCIATION**

### **Designing a Brighter Future**

The Design & Technology (D&T) department of The Ursuline Academy Ilford (UAI) hosted a team of Sir Peter Bazalgette, co-chair of the Creative Industries Council, along with Tony Ryan (CEO of the Design and Technology Association, D&TA), Minnie Moll (CEO of the Design Council), and Senior Policy advisor Matilda Agace from the Design Council on 1st July.

Their visit was significant, given the school leadership's quest to reposition UAI as an exceptional Catholic Girls school for students and the wider community.

They engaged in classroom sessions with students in Years 8, 9, and 10, and held discussions with the Senior Leadership Team and department heads from Art and Music. The focus was on observing best practices in creative subjects and addressing the national decline in their uptake.

**Ray Butler, Head of Art:** The delegation team was very impressed with the KS3, GCSE / A level Artwork by students and pleased that we organise work experience days to advertising agencies. They did say that UAI was unique in its approach towards D&T and the Creative Arts by embracing and promoting these subjects.



**Headteacher, Ms Stone, and Deputy Headteacher, Mr Challis** both articulated on how the Arts and Music had always been at the centre of the school's ethos since its foundation and is an important part of Catholic life and ethos of the Ursuline. The school's collaborative approach between the creative and design subjects was praised by the group and they said this was evident in the work of students displayed and observed on the day.

The delegation highlighted the presence and importance of the strong integration of D&T, Art, Music and Drama with discussions focusing on the importance of D&T and the creative subjects as pivotal economic contributors towards the UK's GDP £100bn annually, the in the midst of the potential removal from most schools' curricula if trends are not reversed. They were also seeking potential strategies to revive interest and resourcing for these subjects with teachers.

Finally, they noted the significant and creative experiences teachers brought to students, particularly the rich stream of encounters and enrichment obtained by students from their STEM provision to the important links to the world of work and industry afforded students to enrich their learning experience whiles studying at The Ursuline.

**Sir Peter Bazalgette co-chair of Creative Industries Council** praised the schools thriving STEM club accomplishments as well as all the other school club provision given to enhance the student provision at the school. He commented *"We met the next generation of design talent today ..and we were inspired"*

**Minnie Moll, Chief Executive, of the Design Council** *"Ursuline's DT workshop is such an inspiring space for the students. For young designers to be surrounded by quotes, objects, images, and curiosities creates a space for ideas to happen".*



**D T STEM Team**



## **Drama News**

On Monday 8th July, our cast of students performed their beautiful version of *The Tempest* by William Shakespeare. The students created Prospero's magical island in our own school courtyard and performed the show in the open air for a very supportive audience.

They previously performed *The Tempest* on March 4th under the professional lights of the Kenneth More Theatre, and were excited to bring it home to our school.

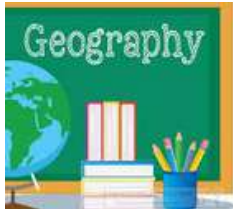
We are immensely proud of the cast of who have worked so hard on their deeply musical and culturally rich show. Thank you to everybody who attended the afternoon performance.

Thank you also to Ms Deller for the delicious cakes that she baked as a pre- show treat.

***Ms Milne and Ms Cooper***



***Ms Milne, Subject Lead, Drama***



## Geography News

Over the past few weeks, our Year 10 Geography students have been actively engaged in completing their fieldwork for their P3 exam. This hands-on experience involved two key locations: Epping Forest and Stratford, each offering unique opportunities to study human impact on the environment and urban regeneration. At Epping Forest, students focused on measuring how human impact and management practices have affected biodiversity levels. They used variety of techniques to collect primary data, including environmental surveys, biodiversity counts, soil surveys, and field sketches. This experience allowed them to see their case study in the 'real world' and answer fieldwork questions in their P3 exam. In Stratford, the investigation centered on the impact of regeneration efforts from the 2012 Olympics. Students conducted pedestrian counts, shop tally's and environmental surveys. This allowed students to see the multiplier effect of regeneration with the new East Bank area of Stratford opening this summer.



**Ms Colder, Head of Humanities**



## **Library News**

### **Our student describes meeting her favourite author – Jacqueline Wilson.**

“On Saturday 6 July I met my favourite author, Jacqueline Wilson at the Foundling Museum.

She was really friendly and happy and spoke about her life and her books. She shared that one of her most loved characters was Hetty Feather and how she reminded her of her own daughter with her fiery red hair. In the book Hetty was abandoned at the Foundling Hospital as a newborn baby. The museum that we were in was built on the same site.

She told us that she was very grateful for Tracy Beaker too as she was the character she was most known for since her book became a popular TV show. She also talked about some of her ideas for future books.

When she signed my copy of Hetty Feather we spoke about a few different things including the Jacqueline Wilson magazine that I used to love and brought every month until it ended”.

***Leigh-Anne, 7T***

### **East London Shakespeare Festival comes to Redbridge**

We are delighted to reveal that the East London Shakespeare Festival will be coming to Valentines Park on Thursday 25 July and Friday, 26 July with their production of Shakespeare's sparkling romcom, MUCH ADO ABOUT NOTHING.

A festival vibe will be encouraged, with gates opening an hour before the show, so bring a picnic. And why not sign up for a mask-making workshop run by one of the in-house party-goers, or make your own mask and be part of the masked ball!

Book your tickets now!



***Ms Finlay, Librarian***





## Music News

### **Sister Act the Musical – Music Reward Trip**

On Wednesday 4th July, our music students enjoyed a matinee performance of Sister Act the Musical at the Dominion Theatre which was a well-deserved treat!

“Sister Act was one of the best theatre productions I’ve ever seen. It was funny, educational and musical. I recommend it 10/10!” **Milly Jones 7T**

“Students in Year 7, 8, 9, 10, and 12 were given an amazing opportunity to attend a wonderful theatre performance called Sister Act. It included a lot of comedy and would be seen as very educational from an RE perspective. We loved it so much and want to see it again.” – **Precious Longe 7T**

“I really enjoyed Sister Act. It was a really fun experience. The songs were very powerful and taught me a lot about how the different musical elements convey emotion and help to tell the story. The acting was also really good!” – **Adina Alfred 9U**



**Ms Deller, Head of Music**





## Results Days 2024

### Results Days 2024

**A level & Level 3 BTEC - Thursday 15<sup>th</sup> August 2023**

**GCSEs - Thursday 22<sup>nd</sup> August 2023**

You will be able to collect your results between 8.30am and 10.30am, in the Hall.

On 15<sup>th</sup> August the library will be available for students to use the computers and have internet access for UCAS and university places. Careers advice will also be available at this time.

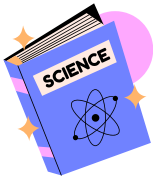
Year 13 students can request a priority remark and or an electronic script if a university place depends on the mark changing.

Review of Marking and Script Request forms can be collected from the school Reception or Exams Officer. Once the form has been returned and the payment received, the request will be processed. Please note that marks can go down, stay the same or go up; the new mark will be your final mark.

| A LEVEL / Level 3 VOCATIONAL FEES 2024 |               |               |               |               |
|--|---------------|---------------|---------------|---------------|
|  | AQA           | EDEXCEL       | OCR           | WJEC          |
| <b>PRIORITY REVIEW</b>                 | <b>£57.85</b> | <b>£64.70</b> | <b>£75.75</b> | <b>£55.00</b> |
| REVIEW OF MARKING                      | £48.65        | £54.30        | £61.50        | £46.00        |
| E-COPY OF SCRIPT                       | £5.00         | £5.00         | £5.00         | £5.00         |

| GCSE / Level 2 FEES 2023 |        |               |        |        |
|--------------------------|--------|---------------|--------|--------|
|                          | AQA    | EDEXCEL       | OCR    | WJEC   |
| <b>PRIORITY REVIEW</b>   | -      | <b>£53.70</b> | -      | -      |
| REVIEW OF MARKING        | £42.00 | £46.70        | £61.50 | £40.00 |
| E-COPY OF SCRIPT         | £5.00  | 5.00          | £5.00  | £5.00  |

| Date Deadlines                              |  |
|---|--|
| <b>Priority A LEVEL / VOCATIONAL Remark</b> | <b>Tuesday 20th August 2024</b>                  |
| <b>Priority GCSE Remark</b>                 | <b>Friday 23<sup>rd</sup> August 2024 – 11am</b> |
| A LEVEL/VOCATIONAL Remark                   | Monday 23 <sup>rd</sup> September 2024           |
| GCSE Remark                                 | Monday 23 <sup>rd</sup> September 2024           |
| Electronic Script                           | Monday 23 <sup>rd</sup> September 2024           |



## Science News

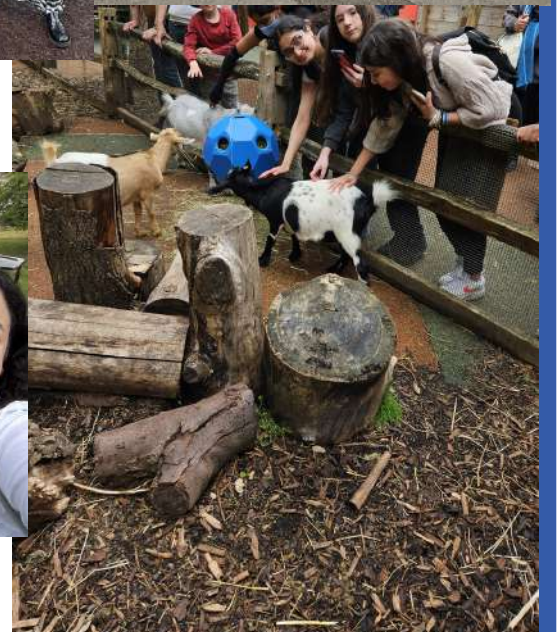
### **London Zoo!**

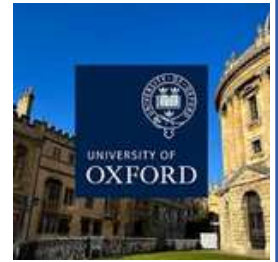
The Science club students were taken on a much-deserved rewards trip to London Zoo this week for their regular attendance to the club.

We started the day off in sunshine and returned in the rain so was a day that kept us guessing. We managed to take the train down to Regents Park and spent some time looking at the various sections of the Zoo and squeezed in a planned wildlife talk just before lunch.

After lunch finished the day by seeing the rest of the animals and a visit to the gift shop. Overall, a fun packed day and we definitely got our steps in!

### ***Mr Uddin, Miss Agudelo, Mr Okyere and Miss Ali***





## **Mahima's Oxford University Residential Experience**

Hi, I'm Mahima from 12T. Last month, I had the incredible opportunity to attend a two-day residential program at the University of Oxford, one of the world's most prestigious universities, currently **ranked number 3 in the QS World University Rankings and number 1 among UK Russell Group universities.**

Receiving the email confirming my place on this competitive program was a thrilling surprise. During my stay, I attended lectures and workshops on personal statements and UCAS applications, providing a genuine insight into life as an Oxford student. My days started as early as 7:45 AM and ended as late 6 PM, filled with academic activities.

Before this, I attended a preparatory workshop at **Imperial College**, covering **Oxford admission tests** and including a mock past-paper walkthrough. At Oxford, I learned that the university comprises **over 30 colleges**, each with its own dining hall, bar, common room, library, and various groups and societies, unlike other universities with centralised campuses.

I enjoyed a complimentary lunch at **Lady Margaret Hall**, which offered a variety of nutritious cuisine. I also visited **Fellows' Garden at Exeter College** and several museums and libraries, including the **Ashmolean Museum**, the **UK's first public museum founded in 1683.**

This inspiring experience has motivated me to work even harder to achieve my dream of attending a Russell Group university. I am really grateful for this opportunity. Below are some pictures I took myself, during my time there.



**Mahima Morshed**



## **Careers News**

### **Virtual placement - Engineering Placement – The careers and Enterprise company**

Last week, 30 year 10 students participated in an enriching two-day virtual placement with Jackson Civil Engineering, tackling societal barriers through innovative projects. Their assignment: design realistic solutions addressing these barriers while considering current market competitors and the longevity of their impact. Projects ranged from AI bots to assist with language barriers at stations, to an AI-integrated well-being space providing specialist support, and a fully AI-enabled home for individuals with disabilities.



During the placement, students toured the firm's offices virtually, witnessing a day in the life of a civil engineer. They also had a live chat session with four engineers, gaining valuable career insights and guidance.

On Day 2, students prepared and presented their ideas confidently and creatively to Jackson Civil Engineering and peers from three other schools. The feedback was overwhelmingly positive, with the firm praising our students for their engagement and realistic approach.

The standout projects from Ursuline were the "Well-Being AI Space," designed to offer individuals a private area equipped with AI-integrated lighting, music, and communication tools—a much-needed resource in today's society. As well ' Study-Hub' offering a space and technology resources in deprived areas for students to study, These project highlighted the importance of diversity, equity, and inclusion in the workplace, aligning with the Gatsby Benchmarks 5 and 6 by providing substantial interaction with professionals and exposure to the working environment.

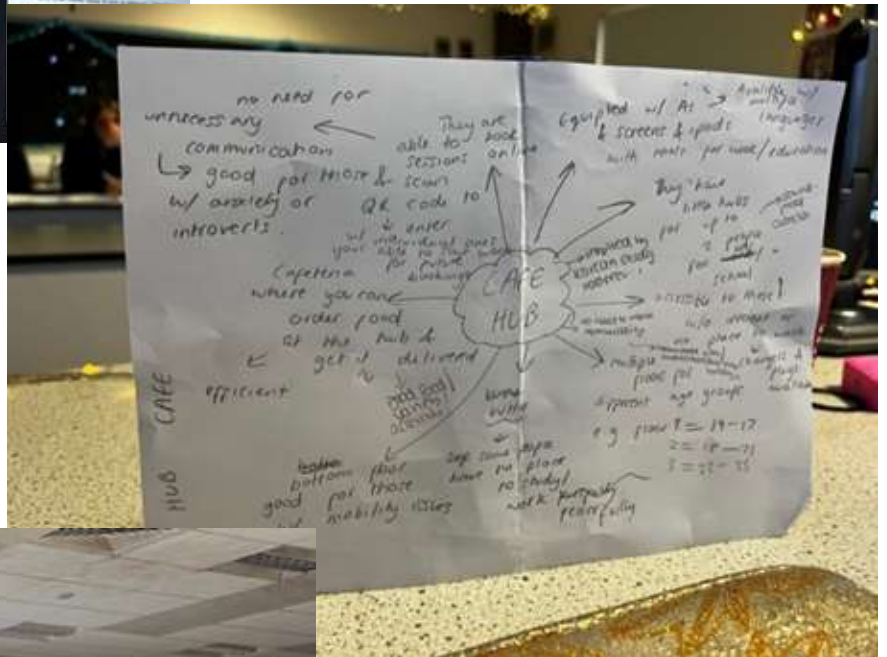


This virtual placement was a fantastic experience, fostering teamwork and problem-solving skills. I look forward to offering similar opportunities to more students in the future. "The placement was a great experience to learn about the necessary subjects for a career in engineering. I enjoyed it as it taught me a lot of new things." – **Hiruthayani M**, Year 10

"It was really nice getting to know different careers, and I enjoyed sharing my ideas with others and working in groups." – **Tracey E**, Year 10

Congratulations to all our students for their hard work and impressive achievements!

**Miss H Tallat**



## **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**

**Enrich a Life. Foster for Redbridge.**

Do you remember jumping over the waves at the beach in the summer? Or the dance show you were in when you were 6? If you would like to create fun and lasting memories for children who may have never had these experiences, please email

[hello@localcommunityfostering.co.uk](mailto:hello@localcommunityfostering.co.uk), call us on 020 8496 3437 or join us on our next virtual information session on **6 August 2024 6pm to 7pm.**

Visit <https://www.redbridge.gov.uk/fosteringschools> to book a place.

# Enrich a life

LOCAL COMMUNITY  
**Fostering**  
REDBRIDGE

**Foster for Redbridge**

**020 8496 3437**

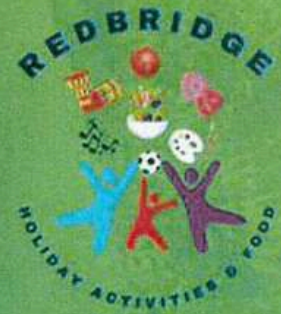
**[hello@localcommunityfostering.co.uk](mailto:hello@localcommunityfostering.co.uk)**

# 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**



Funded by



Department  
for Education



## 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 SHARING INTIMATE IMAGES

An intimate image depicts sensitive – often sexual – content, and sharing these photos or videos is commonly known as ‘sexting’. As of January 2024, it is a criminal offence to distribute any intimate images shared by a third party without consent, with offenders facing prison time. Naturally, misuse of intimate images can lead to emotional distress and reputational damage.

## WHAT ARE THE RISKS?

### EMOTIONAL DISTRESS

Victims of the misuse of intimate images and so-called ‘sexortion’ (blackmail involving sexual material) often experience significant emotional distress. The threat of having these photos or videos shared publicly can lead to anxiety, depression and a sense of helplessness. This emotional turmoil can affect daily life, academic performance and personal relationships.

### DAMAGE TO REPUTATION

Intimate images being made public can severely damage a person’s reputation. This can lead to bullying, social ostracisation and long-term impacts on personal and professional relationships. If a blackmailer gets their hands on any intimate images, the fear of reputational damage can also make a victim far more vulnerable to ongoing extortion.

### PRIVACY VIOLATIONS

Once intimate images are shared online, it can be difficult to quickly control where they wind up and who else sees them. This loss of privacy can have lifelong repercussions, including identity theft and persistent online harassment.

### FINANCIAL EXPLOITATION

Perpetrators of sextortion may demand money from victims under the threat of releasing their intimate images publicly. This can lead to severe financial problems for victims and their families, compounding their emotional and psychological distress.

### LEGAL CONSEQUENCES

If a child or young person creates and/or sends intimate images to others – especially adults – this is considered a form of child abuse under UK law. Having to disclose this type of abuse, although necessary, can be harrowing, leading to further trauma. It’s crucial for parents, carers and educators to understand the legal processes and be able to provide proper guidance and support.

### TRUST ISSUES

Sharing of intimate images without consent can lead to long-term trust issues. Victims may find it difficult to trust others, impacting future relationships and their ability to form healthy, supportive connections. This erosion of trust can have profound effects on mental health and social wellbeing.

## Advice for Parents & Educators

### FOSTER A CULTURE OF OPEN COMMUNICATION

It’s vital to encourage open communication with children and young people about the dangers of sharing intimate images. Create a safe space where they feel comfortable discussing their online activities and any concerns they may have without fear of judgement. Be sure to respond to any worrying information with an attitude of support and learning.

### EDUCATE CHILDREN ON THE RISKS

Children and young people often want to understand why certain rules are in place. Educate them about the risks of sharing intimate images online, explaining the reasons for monitoring and other security measures. Highlight the potential for misuse, including sextortion, and the long-term consequences that can arise from these actions.

### PROMOTE DIGITAL LITERACY

Digital literacy is incredibly important for children and young people to understand how to protect their privacy online. Teach them about secure online practices, such as using strong passwords, enabling privacy settings and recognising suspicious behaviour. This empowers them to be proactive in terms of their own safety.

### PROVIDE SUPPORT RESOURCES

Ensure that children and young people know where to seek help if they become victims of sextortion or any other online abuse. Help them identify in advance which adults they can turn to and provide them with information about trusted resources like helplines (e.g. Childline) that they can access if they need help.

### Meet Our Expert

Gabriella Russo is a safeguarding and neurodiversity consultant with over 30 years’ experience working with children, families and adults in education, local authority and mental health settings in the UK and abroad.



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Source: See full reference list on guide page at: [what-parents-need-to-know-about-sharing-intimate-images](http://what-parents-need-to-know-about-sharing-intimate-images)

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