Ursuline Academy Ilford

Weekly News – 2023/2024 Issue 39
19th July 2024

Upcoming Events

End of Year Trips
Monday 22 July

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

Headteacher's Headlines

Dear Parents & Carers,
We are approaching the end of another Academic year so let me take this opportunity to thank everyone in our school community for all your support this year. We will have one final newsletter published on Wednesday 24th July but I would like today to thank all those members of staff who are moving on from the Academy this year:

Mrs Lobo - RE teacher
Mrs Russell, MBE - Art&DT technician & STEM club leader
Ms Kankam - HOY12 and Teacher of Chemistry
Ms Warren - Teacher of English
Mr Vallas - Teacher of IT & Computing
Mr Karatzas - Lead practitioner & HOD IT & Computing

We are sorry to say goodbye to our colleagues!
We look forward to welcoming the new members of our school community in September, I will introduce you to them then!

Earlier this year Mrs Russell received her MBE from The Prince of Wales in Windsor Castle.
We are all incredibly proud of her.

SERVIAM
Fiona Stone

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Chaplaincy News

Pope Francis@Pontifex – 18 July 2024

Prayer is hope's main strength #YearOfPrayer

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

July: Encouragement
19th July: I beg you with all my heart, be like watchful and most vigilant shepherdesses.
20th July: Provide for everything as the holy Spirit inspires you.
21st July: Consider each one as good, but be prudent for your own good.
22nd July: First of all, strive, with the help of God.
23rd July: They should want to be united.
24th July: Go forward willingly. See, a great reward will be prepared for you.
25th July: keep to the ancient way. And live a new life.

Chaplaincy News

We are proud of ***Savannah Thompson***, ***Skyrah Kurien*** and ***Angel Bamgbopa***, who each received a certificate from Bishop Allen at this year's Catholic Schools Citizenships Award ceremony. The three girls have shown tireless efforts in both academic and co-curricular activities such as 100m, 200m, javelin, relay, drama, football, choir, athletics and supporting our in-coming year sixes.

Well done to 7C and 7T for engaging positively during collective worship!
Fr David and I are really pleased with the positive behaviour and engagement shown over the last couple of weeks by 7T and 7C during their class Mass

Ms Adomako, Chaplain

Library News

Redbridge Libraries News

Join us for **South Asian Heritage Month** from Thursday 18 July to Saturday 17 August, and help us celebrate the rich cultures, histories, and communities of South Asia. There's lots of different activities for kids happening in your local library – from Bollywood dance classes to arts and crafts.

And don't forget to check out our specially curated selection of children's books about South Asian culture, characters and stories!

Check out our South Asian Heritage Month programme

Find South Asian books for kids on Libby

Children and Young People's Survey

Calling all young people from 7 to 18 years... its time to share your views and have your voice heard!

We want to hear your views on topics such as:

- activities and leisure you take part in
- your health & well-being
- safety and travelling around
- access to help and support

Complete the survey to be entered into a prize draw. Five young people will have the chance to win a £20 High Street voucher. Please note there are two separate surveys for 7-11 yrs and 10-18 yrs. Taking part in the survey is voluntary and all answers are anonymous. Complete the Survey here

Ms Finlay, Librarian

Music News

Music Summer Concert

The Ursuline Academy's Music Department presented their Summer Music Concert on Tuesday 9th July, which featured a lovely variety of soloists and ensembles. A very big well done to everyone that participated for working so hard and performing so well - you are all stars!

Thank you to those who attended the concert to support everyone that performed. A special thanks to all staff who helped to make it possible: our premises team and Mr Goellnitz in I.T. for helping to set up the hall and sound equipment; our new head girl team for supporting the event on the welcoming team and serving refreshments (and their amazing enthusiasm!); our fantastic stage management team: Wyeshali, Isha, Shenaya, Wiktoria, Chidera, and Laksha; and all our Visiting Music Teachers and Ms Eakins for supporting and preparing our students for their performances. Special thanks to Sandy Thompson, our violin teacher, for being there to lead the Violin Ensemble.

Thank you and well done everyone! Please see link for a snapshot of our performers video-output-8D667E7B-2748-4BA7-A290-52D86F6DCDA4

Prom Performance

Eight of our musicians in Year 9/10 went to Lime Academy Ravensbourne Special School in Romford to perform at their Leavers Prom on Friday – straight after Sports Day! They were brilliant and the students and staff loved their music

Year 9 Music Projects

This half term, our year 9s have been working hard on their final music project of KS3. We have had a mixture of fantastic performances and very interesting research presentations on music of different cultures and genres. Here are a few examples of their work.

Ms Deller, Head of Music

P E News - Sports Day 2024

Politics News - UAI General Election

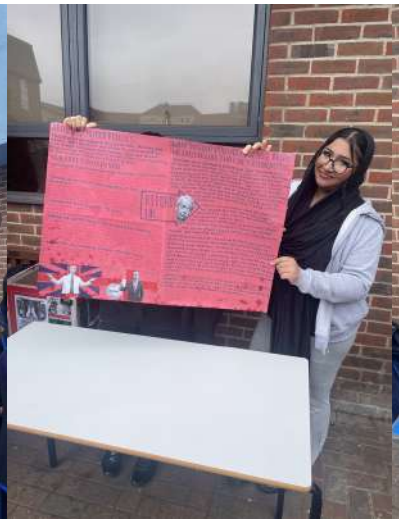
URSULINE MOCK ELECTION RESULTS

On the 2nd of July, A-level Politics students at Ursuline Academy Ilford conducted a mock election inspired by the UK general election on the 4th of July. The students were divided into five political parties: the Conservatives, Labour, Greens, Liberal Democrats, and Reform UK. Every party prepared their manifesto like the original manifestos of the parties. The Election is conducted through First-past-past-post (FPTP), the simple plurality system. Each party campaigned for the votes of the students. Everyone from Year 7 to sixth formers had a vote of their choice. This enhances the democratic participation of the students in politics. Students gain knowledge of issues around them as they engage in politics. Furthermore, it improves their decision-making abilities, as they are trained in election circumstances.

According to the mock Election, the election results showed that the overall turnout was 64.4%, whereas in the UK election, it was just 59.9%. The turnout was higher in our school than in the General Election, which aligned with the previous 2019 general election. The Green party won the Election with 49.7%, whereas in the General Election, it was just predicted 2 seats but won 4. It did well in the UK General Election. The official opposition was the Labour Party with 22.7%; in contradiction, the Labour Party won the Election with the supermajority of 174 with 33.7%. The Conservative party had the lowest vote share of 8.7%; on the other hand, the Conservatives had a fall with just 121 seats, which is the most significant fall for Conservatives in the century. This demonstrates the Mock Election, which reflected the UK General Election.

URSULINE MOCK ELECTION RESULTS 2024

Total electorate	500				
Total votes	322				
Total turnout	64.40%				
Party name	GREEN PARTY	LABOUR	REFORM UK	LIBERAL DEMOCRATS	CONSERVATIVE
Number of vote received	160	73	32	29	28
Vote Share	49.70%	22.70%	9.90%	9%	8.70%
Party place	1	2	3	4	5



Naga Karthik, Year 12

Prizegiving 2024

We had a lovely evening on Wednesday celebrating our Academic and Serviam Prize Winners...please see below names and a picture of our achievers...

Year 7 Academic
Anabia Khan 7T
Nithila Mathiventhan 7T
Mariam Baig 7U
Hasnat Dudeh 7U
Chidera Ntochukwu 7C
Cailyn Mutesi-Abigaba 7C
Shreya Vijay 7U

Year 7 Serviam
Afsheen Kayani 7T
Manmeet Kaur 7U
Gabriella Gonga 7U
Mercy Akinlolu 7J
Eshal Ali 7J
Riya Deshpande 7J
Caoimhe Burke 7J
Aleeza Ansari 7C

Year 8 Academic
Zahra Ali 8T
Alexandra Kyriakidu 8T
Fatima Rehmani 8T
Fola Oludoyi 8U
Rithika Sivasuthan 8U
Jannat Mehadi 8C
Hidaya Tahir 8C
Anaiah Anthony 8J
Tiahna Bascoe 8J

Year 8 Serviam
Alena Sethi 8T
Amber Verdant 8U
Zayna Hussain 8C
Nancy Rola 8C
Sushmita Karunathas 8J
Skyrah Kurien 8J
Phoebe Billy-Giwa 8T
Henna Khaliq-Sovari 8U

Year 9 Academic
Amelia Ali 9T
Haashini Saraladevi Balaji 9U
Ema Jahan 9C
Uchechi Okpala 9C
Alyssia Baptiste 9J
Habibatulah Tijani 9J
Sabiha Ali 9U
Vira Hibliak 9T

Year 9 Serviam
Ana Desta 9T
Iqra Asif 9U
Christine Oyekan 9J
Amrita Virdi 9J
Leena Akthar 9T
Kirpa Gusani 9T
Zoya Spence 9J
Semilore Ogunbajo 9T
Ania Khan 9J

Year 10 Academic
Wyeshali Chitrangan 10T
Naomi Soares 10T
Khadija Habibi 10U
Eunice Ngoie 10C
Samia Baichoo 10J
Shalome Sutharsan 10J
Zhiyi Chen 10J
Aleeza Shaikh 10C

Year 10 Serviam
Annabel Dansoh 10T
Ibtida Khan 10C
Tia Plante 10C
Asmithaa Sribavaan 10C
Nicoleta Busuioc 10J
Sara Shafiq 10J
Toluwalope Eluwade 10U
Lana Poon 10U

Year 12 Academic

Naga Karthik 12T
Anastasia Pausey 12T
Hiba Ullah 12J
Spozhmai Kakar 12C
Aaliyah Latona 12U
Saleha Abid 12J

Year 12 Serviam

Naomi Friday 12C
Waania Malik 12C
Miethursha Narentrakumar 12C
Mahrukh Ashfaq 12J
Nuha Shukry 12U
Melissa Kamau 12C
Lakshmi Surendirathas 12C

Overall Academic Prizewinner, Naga Karthik, Year 12
Overall Serviam Prizewinner, Toluwalope Eluwase, Year 10

Proposed School Trip

Dear Parents and Students,

Exciting School Trip to NASA (USA) in 2025 - Expression of Interest

We are thrilled to announce that we are in the initial stages of planning an educational trip to the NASA Kennedy Space Centre in Florida, United States of America, along with visits to Disneyland and Universal Studios. This incredible 7-day trip is tentatively scheduled for June next year, and we are looking to gather interest from students and parents before moving forward.

Details:
• Target Group: Priority given to students who aspire to study STEM subjects in sixth form and universities. However, all age groups are welcome to express interest.
• Cost: £2500 per student, which includes flight ticket, hotel, breakfast and dinner, and tickets to the theme parks. Payment can be made in monthly instalments.
• Additional Highlights: Visits to Disneyland and Universal Studios.

• When: June 2025
• Expression of Interest Deadline: Please complete the Google form by 24th July to indicate your interest. You are not required to fill in if not interested.

Please Note: This is not a booking form. The details provided are provisional as we have not yet finalised the trip. All information, including costs, dates, and activities, is subject to change. By expressing your interest, you acknowledge that final confirmation and payment arrangements will be communicated at a later date once the trip is approved and finalised. Thank you for your understanding and cooperation.

If you are interested and have any questions, please let me know in the Google form. Unfortunately, I cannot respond to all messages on Satchelone.

We look forward to your responses and hope to make this educational adventure a reality!

Best regards,

Mr. Fan & Miss Tallat

Google form link (completed by Parents only): https://forms.gle/e9Ac25xk3S75Afj69

Results Days 2024

Results Days 2024

A level & Level 3 BTEC - Thursday 15th August 2023

GCSEs - Thursday 22nd August 2023

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

On 15th 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
PRIORITY REVIEW	£57.85	£64.70	£75.75	£55.00
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
PRIORITY REVIEW	-	£53.70	-	-
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	
Priority A LEVEL / VOCATIONAL Remark	Tuesday 20th August 2024
Priority GCSE Remark	Friday 23rd August 2024 – 11am
A LEVEL/VOCATIONAL Remark	Monday 23rd September 2024
GCSE Remark	Monday 23rd September 2024
Electronic Script	Monday 23rd September 2024

Ms Parmar, Exams Officer

Student Leadership

On Monday, almost all the Brentwood Diocesan secondary schools gathered with delegates from their student leadership teams to deepen their understanding of Leadership, collaborate and discuss together and study Pope Francis's encyclical, 'Laudato Si' – On the Care of our Common Home.

Bishop Alan led an inspiring and insightful workshop about what it means to be a leader, how to be a good leader and some of his own journey in leading others. ***Hiba***, ***Waania*** and ***Naga*** from the Year 12 leadership team were invited to speak about their ideas for change and the challenges faced by young people, as all the delegates shared ideas and good practise from their own schools.

A time of prayer at the beginning and end of the conference enabled all present to consider the vocation of service and leadership we all possess.
Mr McGhee. Assistant Associate Head.

'The leadership conference was a fantastic experience. I learnt so much about how to conduct yourself as a leader, self-realisation, and much more. The best thing was socialising with other young people and meeting new people with distinct ideas. Representing the Ursuline and thinking about ideas to improve our school was, for me, the best part of the sessions'.
Naga Yr12

Student Leadership Continued...

The Student Leadership Team for 2024/2025

We are excited to introduce our newly elected student leadership team consisting of Senior and Junior student leaders pictured above.
The team will act as ambassadors and role models working with both students and staff and taking a leading role in the school community. This is the first time students at the end of Year 10 are elected to assist the sixth form team and take on leadership positions to serve the community while enhancing their experience. The Year 12 Senior team went through a rigorous selection process which started over a month ago, with a three-stage process which begun with writing letters of applications. This was then followed by a 2-minute speech presented to the wider school and a staff and student vote, the final stage was a panel interview with the Head Teacher. The Junior Student Leadership process involved writing a letter of application followed by selection to interview. The candidates impressed the interviewers with a wealth of ideas. We look forward to the enthusiasm and commitment they bring to these roles.
Many congratulations to the new Student Leaders.

Positions of Responsibilities

Head Girl: ***Waania Malik***
Deputy Head Girl: ***Naga Karthik***

Senior Student Leadership Team

Amandeep Dhillon – Charity & Fundraising
Hiba Ullah – Wellbeing
Miethursha Narentrakumar – Enrichment
Asra Ashraff – Student Voice
Mahrukh Ashfaq – Equalities

Junior Student Leadership Team

Raheema Mohamed Yousuf – Charity & Fundraising
Elizabeth Ayelabowo – Wellbeing
Annabel Dansoh – Enrichment
Shalome Sutharsan – Student Voice
Wyeshali Chitrangan – Equalities

A message from Waania, the Head Girl:

I'm proud to announce our Student Leadership Team, both junior and senior. I can promise you that we will all put ourselves to work to ensure our school is the best place for all of us to learn and grow. We shall strive to live up to the school's motto, SERVIAM and only by listening to you all will this be put into action. Any of you can come to us anytime to express any issues or worries you may have, and we will be sure you will be heard.

Thank you and I'm excited for what's to come!

Many thanks to Mr McGhee and Ms Cooper for organising the process which run very smoothly.

Dr Osei-Owusu
Head of Chemistry
Enrichment & Student Leadership Coordinator

Thanksgiving Mass

Last Wednesday we held a Mass of Thanksgiving for 2 long serving members of staff who have decided to retire.

RE teacher ***Kriemhild Lobo*** has completed 36 years service, and Art & DT Technician & STEM Club Leader ***Rose Russell MBE*** has completed 32.

We had a lovely afternoon celebrating with past and present colleagues and students, Ursuline Sisters and Rose & Kriemhild's families.

We wish both ladies a long, healthy & happy retirement, Serviam!

Seeds sown, Stemettes grown!!
Past students and mentors of the STEM Club

Kriemhild & Rose with our existing
Headteacher & 2 former Headteachers!

Wellbeing News

It was another great year for the well-being group that play football after school on Fridays. Having been presented by Ms Stone, you can see us here holding our season trophies, with Ms Stone describing the 'brotherhood' of players supporting the 'sisterhood' of the Ursuline mission and ethos. #SERVIAM and roll on next season!

Mr McGhee, Associate Assistant Head

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 TV Programme

Introducing a special TV programme announcing the **Top 100 Apprenticeship Employers** for 2024, which may be of interest to Sixth Form students and those considering their post-16 options.
The live 90-minute programme will include a full countdown of the nation's top apprenticeship employers, interviews with apprenticeship managers and current apprentices, and analysis of the latest apprenticeship opportunities – from entry-level to degree apprenticeships.
The programme will also feature specially-filmed reports on apprentices at employers across the country, including apprentices who worked on the BBC's election night coverage last week.
The programme is being broadcast out of term-time – at **2pm** on **Thursday 25th July**.

Register to watch the Top 100 Apprenticeship Employers 2024

What do Parents Think About Apprenticeships?

Career Chats: How often do parents discuss careers with their kids?

Best Pathway: Do parents prefer university or apprenticeships?

Application Know-How: Are parents clued up on how to apply for apprenticeships?

Top Sectors: Which industries do parents think are best?

What Do Parents Want From Employers?: Survey of Parents 2024 (successatschool.org)

Open Doors: The TLT Solicitor Apprentice Experience

Follow the journey of a TLT solicitor apprentice and immerse yourself in the daily challenges and decisions they face. This unique experience offers you:

- **Real-World Challenges**: Test your decision-making skills with scenarios that real apprentices encounter.
- **Insider Perspective**: Discover what it's really like to work for a prestigious law firm straight out of school.
- **Career Insights**: Gain invaluable insights into a career in law and what it takes to succeed.

Don't miss this opportunity to explore a dynamic and rewarding career path with TLT. Ready to take the first step? Join us now and see if you have what it takes to be a part of our team!

Open Doors: The TLT Solicitor Apprentice Experience (tltapprenticeexperience.com)

Ms Finlay, Careers Coordinator

Did you know...just registering your daughter for Free School Meals means that our school gets extra money!!

You can register your daughter for Free School Meals if you receive any of these benefits:

• Universal Credit (provided you have an annual net earned income of no more than £7,400, as assessed by earnings from up to three of your most recent assessment periods)

• Income Support

• Income-based Jobseeker's Allowance

• Income-related Employment and Support Allowance

• Support under Part VI of the Immigration and Asylum Act 1999

• The guaranteed element of Pension Credit

• Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)

• Working Tax Credit run-on – paid for four weeks after you stop qualifying for Working Tax Credit

If you want your daughter to have a free, healthy meal at lunchtime that's great – she will get a free meal (saving you more than £400 per year!). There is NO stigma attached and no one will know because we operate a cashless payment system in our Dining Hall.

If you qualify but don't want your daughter to have Free School Meals, please still register as the school will get additional funding. Your daughter can still continue to have her packed lunch as normal!

To apply please complete the on-line Free School Meals application on the Redbridge.gov.uk website. You can apply regardless of which borough you live in because your daughter attends a school in Redbridge. It is a simple 1-page form, so don't delay, apply today!!

It is important to note that:

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

Thank you for your co-operation.

Free School Meals
Are you entitled?

Free School Meals MATTER

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, 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.

REDBRIDGE

Summer

HAF CLUBS

REDBRIDGE HOLIDAY ACTIVITIES & FOOD

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!

NEW SKILLS ☑
FREE FOOD ☑
NEW FRIENDS ☑

SCAN ME TO BOOK

FOR MORE INFORMATION CONTACT: HAF@REDBRIDGE.GOV.UK OR VISIT FIND.REDBRIDGE.GOV.UK/HAF

London Borough of Redbridge

Funded by Department for Education

Extra-Curricular Activities

Day	Activity	Time	Room	Year
EVERYDAY	Library Club: CFI	Lunchtime & After School	Library	Years 7 - 13
EVERYDAY	IT Club: RGO/HGU	12.40 – 1.10p.m.	F6/F7	Years 7 - 13
MONDAY				
BREAKTIME	Music Practice (Invitation only): SDE	10.40 – 11.00am	S5	Years 7-11
	Vocal Group: SDE	10.40 – 10.55a.m.	S5	Years 9 - 13
LUNCHTIME	Music Practice (Invitation only): SDE	12.40 – 1.10pm	S5	Years 7-11
	Guitar Ensemble: SDE	1.10 – 1.40pm	S5	Years 7-11
	Indoor Rowing: JMA	12.40 – 1.15p.m.	Gym	All Years
	Movie Club: GAD	12.40 – 1.10p.m.	Chapel	All Years
AFTER SCHOOL	Athletics Club: JMA	3.30 – 4.30p.m.	Playground/Gym	All Years
TUESDAY				
BREAKTIME	Music Practice (Invitation only): SDE	10.40 – 11.00am	S5	Years 7-11
LUNCHTIME	Music Composition Club: SDE	12.40 – 1.10pm	S5	Years 9 - 10
	Violin Ensemble: SDE	1.10 – 1.40pm	S5	Years 7-11
	STEM Club: AKO	1.00 – 1.30pm	G12	Years 7-11
	Maths Club: SDN	1.10 – 1.40p.m.	F6/F7	Years 7-10
Fortnightly	Debating Team: EDO	12.40 – 1.10pm	F19	Years 12-13
	Maths Club: TKA	12.40 – 1.40pm	S6	Years 7-11
	Chemistry Club: JOS	12.40 – 1.10pm	G8	Years 10-13
	Newspaper Club: NAS	12.40 – 1.40p.m.	F9	Years 7-11
AFTER SCHOOL	Subject Champions: RBA	3.30 – 4.30pm	G15	Years 12-13
	Netball Club: SMA	3.30 – 4.30p.m.	Playground/Gym	Years 9 - 13
WEDNESDAY				
BREAKTIME	Ukulele Group: DEA	10.40 – 11.00a.m.	S5	Years 7-8
LUNCHTIME	Music Practice (Invitation only): SDE	12.40 – 1.00p.m.	S5	Years 7-11
	UAI Choir: SDE	1.00 – 1.40p.m.	S5	Years 7-11
	Mindfulness and Wellbeing: NKA	12.40 – 1.10p.m.	G9	Years 12-13
	LGBT Club: HMA/EDO	12.40 – 1.10p.m.	F19	All Years
	Music-Meditative/Gospel/Worship: GAD	12.40 – 1.10p.m.	Chapel	All Years
	Spanish Speaking Club: SCL	12.40 – 1.10p.m.	G5	Year 11
	SEN Science Club: MUD	12.40 – 1.10p.m.	G11	Year 8
	Islamic Society: AAH	1.05 – 1.30p.m.	F8	All Years
	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
THURSDAY				
BREAKTIME	Music Practice (Invitation only): SDE	10.40 – 11.00a.m.	S5	Years 7-11
LUNCHTIME	Worship Band: SDE	12.40 – 1.10p.m.	S5	Years 7-11
	Woodwind Ensemble: SDE	1.10 – 1.40p.m.	S5	Years 7-11
	Art Club: RBU	12.40 – 1.40p.m.	S2	GCSE Students
	Knitting Club: HMA & Mrs Mackie	12.40 – 1.40p.m.	F18	Years 7-11
	Charity and Enterprise: LBU	12.40 – 1.10p.m.	F10	Years 12-13
	Rosary/Prayer Group: GAD	12.40 – 1.10p.m.	Chapel	All Years
Fortnightly	African Caribbean Society: TKA/NKA	1.10 – 1.40p.m.	S6	All Years
Fortnightly	ECO Club: HCO/JMC	12.40 – 1.00p.m.	G3	Years 7-8
AFTER SCHOOL				
FRIDAY				
BREAKTIME	Music Practice (Invitation only): SDE	10.40 – 11.00a.m.	S5	Years 7-11
LUNCHTIME	UAI Band: SDE	12.40 – 1.10p.m.	S5	Years 7-11
	Glee Club: SDE	1.10 – 1.40p.m.	Dance Studio	Years 7-11
	Art Club: RBU	12.40 – 1.40p.m.	S2	Years 10-13
	Bible Study Group: GAD	12.40 – 12.10p.m.	Chapel	All Years
	Chess Club: BFA	1.00 – 1.30p.m.	F13	All Years
AFTER SCHOOL	Running Club (all distances): JMA	3.20 – 4.15p.m.	Playground/Gym	All Years

conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about WORRY AND ANXIETY

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.

DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.

WHAT ARE THE RISKS?

LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.

THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.

ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.

Advice for Parents & Educators

ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.

CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.

TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.

SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health practitioner. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.

Meet Our Expert

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