



Ursuline Academy Ilford

Weekly News – 2024/2025 Issue 1
6th September 2024



Upcoming Events

Year 12 Welcome Assembly

Thursday 19 September
2.30 – 3.20p.m.

Year 7 Badge Commissioning Service

Thursday 19 September
5.00 – 6.00p.m.

Open Evening

Thursday 3 October
5.00 – 7.00p.m.

Late Start after Open Evening

Friday 4 October
All Students to be registered at
10.40a.m.

Curriculum Enrichment Day

Tuesday 8 October

Year 7 Parents' Meeting with Form Tutors

Monday 4 November
4.00 – 5.30p.m.



Headteacher's Headlines

Dear Parents & Carers,

Welcome to the new academic year. I hope everyone had an enjoyable summer. We welcomed back our students with warm hearts this week!

We welcome some new staff to the Academy, I am delighted we have such strong teachers at the school something our successful students on exam results day kept saying enabled them to reach such great success.

The following staff started with us this term:

- Salima Freeman – KS5 Lead English
- Ms Hanifi – Computer Science Subject Lead
- Mrs Khan – HOY9 & Science Teacher
- Mr Morris – Bus & Econ Subject Leader
- Ms Selvachandran – Teacher of Science
- Ms Barker – (Temporary) Teacher of MFL
 - Mrs Loonat – Cover teacher

Please enjoy further information below regarding our students' successes!

We have also taken the opportunity to issue some reminders regarding uniform and behaviour, and we welcome your support in these matters.

Finally, please make a note of our important dates for 2025/2025 on page 9.

SERVIAM
Fiona Stone



Newsletter Contents this week:

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Chaplaincy News

Pope Francis@Pontifex – 6 September 2024

Saint Teresa of Calcutta, whose memory we celebrate today, used to say,
“even if you reap nothing, never tire of sowing”.

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

September: Live

6th September: Do what you do in obedience, and not as following your own judgement.

7th September: Obedience is like a great interior light.

8th September: Receive my every thought, word and deed, finally, everything of mine,
interior as well as exterior.

9th September: Let each one observe holy obedience, the only true self-denial of one's own
will.

10th September: Blessed are they who try to preserve within themselves this noble yearning.

11th September: May she voluntarily give her heart to God.

12th September: Pray always with spirit and mind on account of the constant need for God's
help.





Exam Success

GCSE Day 2024!





Exam Success

A Level Day 2024



Isabelle Doves achieved **A*, B, B** in Geography, Chemistry and Biology. She is going to University of East Anglia to study Biomedical Science. She attributes her success to the teachers at the Ursuline Academy who care about each of their students and allow them to learn in a way that suits them.

"The Ursuline Academy is a very strong community, being an all-girls' school elevates women enabling them to build confidence and skills"

Isabelle attended St. Augustine's primary school.



Joelyn Nesarajah achieved **A, A, B** in Mathematics, Physics and Chemistry and is going to The University of Birmingham to study Computer Science. She is interested in a career in machine learning.

She attributes her success to the excellent teaching she received and being among a great cohort of students within a supportive community. She advises all students to study hard she said:

"Make the most of your study lessons and free time".

Joelyn attended St. Augustine's primary school.



Lois Graham was delighted with her results having achieved **A, A, B** in Geography, Biology and Chemistry. She praised the quality of teaching that has inspired her love of science and her ambition to be a radiographer. She is off to study Diagnostic Radiography at City University.

She had this advice for younger students at the school:

"Don't stress too much. Focus on your books, CGP is your friend. Learn your definitions and make sure you answer the questions you are asked in exams".

Lois attended St Peter's RC primary school in Dagenham.

A Level Day 2024



Laiba Khan is delighted with her **Distinction***, **Distinction**, **Distinction** in Applied Psychology, Applied Health & Social Care and Applied Business studies.

Laiba is going to the University of Greenwich to study Computing & Cyber Security and attributes her success to never being afraid to ask for extra help. She has said the school is very supportive.

"6th form was challenging at times, but I had lots of support from my teachers with extra resources and explanations. I am really excited about starting University".

Laiba attended Uphall primary school.



Jessica Madu, who was Head girl at the Academy this year, achieved an outstanding set of results: **A***, **A***, **A** in English Literature, Art and Politics.

Jessica said that the school being a smaller school really helped and that you get much more one-to-one attention. She also attributed her success to teachers being genuinely skilled in their craft.

Jessica is taking a gap year and intends upon her return to read English Literature at The University of Cambridge.

"Honestly, I was blessed with really good teachers. My thoughts were valued, and I was challenged by my teachers. I also did a lot of hard work on my own at home"

Jessica attended Christchurch primary school.



Anoosha Jawad achieved a superb set of results: **A**, **A**, **A** in English Literature, History and Sociology. She is going to read History at UCL.

Anoosha talked about resilience and determination and never giving up on herself. She has said teachers' support really helped her to maintain this positive attitude which clearly paid off.

"Teachers were really supportive, especially after mocks when I didn't do as well as expected"

Anoosha attended Highlands primary school.

A Level Day 2024



Amani Tafader achieved outstanding results in Biology, Chemistry and Psychology; **A, A, A**.

Amani is embarking on an Apprenticeship Programme with LMP Education in Special Educational Needs and has cited the support she received from the school's AHT SENDCO as contributing to her success.

"If you're struggling and you want to see the change, you have to do something to achieve that change"

Amani attended Uphall primary school.



Aafia Jawad achieved a very impressive set of results; **A, A, A** in Mathematics, Physics and Economics. She is going to City University to study Aerospace.

She said she was very grateful for the great teaching she received, and all the intervention sessions teachers put on, saying they were always willing to go over and above.

She had this advice for younger students "Go over and study work when you do it, don't wait till later. Believe in yourself"

Aafia arrived at UAI in year 9 having relocated from Pakistan.

Well done!


Congratulations!
CLASS OF
2024

Exam Success 2024

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



15th August 2024

Dear Parent/Carer

The Ursuline Academy Ilford is delighted to share the excellent results achieved by our A level and Level 3 BTEC students. Our students have worked incredibly hard this year and the results they have achieved today are well deserved.

Having received positive results across the board, there were some stand-out subjects awarded A*-A grades, Art 100% and Mathematics 58%. Also, impressive A*- B grades in Physics 75% and Geography 67%.

Mr Robertson, Assistant headteacher and A-level Physics teacher said *"Our Physics A Level students have shown incredible dedication and resilience, working tirelessly to achieve outstanding grades. Their commitment to self-study, especially through the use of the UpLearn platform we've provided, has truly paid off, demonstrating their ability to master challenging concepts with determination and focus."*

Outstanding achiever and Head Girl, Jessica Madu achieved **A***, **A***, **A** in English, Art & Politics. Jessica is taking a Gap year and is aspiring to study English at Cambridge with her fantastic set of results next year. On receiving her results, she said: *"Honestly, I was blessed with really good teachers. My thoughts were valued, and I was challenged by my teachers. Genuinely, being in a smaller school helps, you get that one-to-one attention"*.

Laiba Khan is going to The University of Greenwich to study Computing and Cyber security having achieved **Distinction***, **Distinction**, **Distinction** in Applied Psychology, Applied Health & Social Care and Applied Business Studies. Laiba said *"6th form was challenging at times, but I had lots of support from my teachers with extra resources and explanations. I am really excited about starting University"*.

As well as gaining places at their first-choice universities, Ursuline Academy students also secured placements on competitive apprenticeship schemes. Amani Tafader achieved impressive results; **A**, **A**, **A** in Biology, Chemistry and Psychology, and is looking forward to spending an exciting year working with the LMP Education apprenticeship programme in Special Needs Education, Amani said *"I had great personalised support from staff, especially the Assistant head for special educational needs and my form tutor. The Ursuline Academy is like one big family, students and teachers wrap around to look after each other"*.

Check our social media sites for updates on many more success stories

#UrsulineAcademySuccess

We look forward to celebrating GCSE results next week and know that our year 11 students have worked really hard to maximise their potential. We hope that your daughter will continue her journey



success in learning for all

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into 6th form here at the Academy and look forward to enrolment which will take place on Thursday 22nd August from 8.30am (when we will also be giving out results).

In our ongoing commitment to academic excellence, we have refined our enrolment process to reflect enhanced rigour and standards ensuring that our students are well-prepared for future success. Please check out our website for courses and entry criteria. [The Ursuline Academy Ilford - Apply to our Sixth Form \(uai.org.uk\)](https://www.ursulineacademyllford.org.uk)

I am delighted with the fantastic set of results our students have achieved this year, and they are testament to their hard work and dedication complemented by the support they received from our team who always go above and beyond. It has been wonderful to share in our students' celebrations this morning and their excitement as they embark on the next stage of their lives. We wish them every success in the future.

Having been the Headteacher at The Ursuline for two years now, I am particularly pleased that these results show our successful journey towards excellence, and it is a privilege to lead such a talented and dedicated team.

I look forward to seeing you next week.

Yours sincerely



Fiona Stone
Headteacher





Important Dates 2024 2025



The Ursuline Academy Ilford

Important Dates 2024/2025 for your diary...

PROGRESS MEETINGS

Year 7	Monday 10 February 2025	4.00 – 6.30p.m.
Year 8	Monday 28 April 2025	4.00 – 6.30p.m.
Year 9 + Options Fayre	Monday 24 March 2025	4.00 – 7.00p.m.
Year 10	Monday 27 January 2025	4.00 – 6.30p.m.
Year 11	Monday 25 November 2024	4.00 – 6.30p.m.
Year 12 & 13	Monday 9 December 2024	4.00 – 7.00p.m.
OTHER CALENDAR DATES:		
Year 12 Welcome Assembly	Thursday 19 September 2024	2.30p.m.
Year 7 Badge Commissioning Service	Thursday 19 September 2024	5.00p.m.
Open Evening	Thursday 3 October 2024	5.00 – 7.00p.m.
Late Start after Open Evening	Friday 4 October 2024	
Curriculum Enrichment Day	Tuesday 8 October 2024	
Year 7 Parents' Meeting with Form Tutors	Monday 4 November 2024	4.00 – 5.30p.m.
Carol Service	Tuesday 17 December 2024	5.30 – 7.30p.m.
6 th Form Open Evening	Thursday 23 January 2025	5.00 – 7.00p.m.
St Angela's Day	Friday 24 January 2025	School closes at 12. 40p.m.
Curriculum Enrichment Day	Thursday 27 February 2025	
Year 6 Friendship Afternoon	Wednesday 12 March 2025	4.00 – 5.00p.m.
Iftar Event	Thursday 20 March 2025	5.00 – 7.00p.m.
Curriculum Enrichment Day	Thursday 3 April 2025	
Arts Festival: Art, Music & Drama	Thursday 26 June 2024	4.30 – 6.30p.m.
Year 6/7 New Entrants' Meeting	Monday 30 June 2025	5.00 – 6.00p.m.
Year 6 into 7 Transfer Day	Thursday 3 July 2025	
6 th Form Transfer Day	Tuesday 8 July 2025	
Year 11 Prom	Thursday 10 July 2025	7.00 – 11.00p.m.
End of Year Trips	Tuesday 15 July 2025	
Annual Prizegiving	Thursday 17 July 2025	5.00 – 6.00p.m.
Sports Day	Friday 18 July 2025	



Uniform Guidelines



SCHOOL UNIFORM

Taking pride in my Uniform and how I present myself to others

HAIR

Hair colour and style must be appropriate for school and a student will be expected to comply with the following:

1. No shaved hair
2. Hair extensions should be no more than 2 colours, and no bright artificial colours e.g. pink/green
3. Hair accessories are either plain BLUE or BLACK
4. Hair band width should not be excessively broad

MAKE-UP

The following apply at all times whilst in school uniform:

1. No make-up including mascara, false eyelashes, lipstick and lip gloss
2. No nail extensions, acrylic or otherwise
3. No painted nails
4. No 'hair preparation' items such as hairspray
5. No visible tattoos including Henna

JEWELLERY

Jewellery is not worn in school except for the following:

1. If desired, a single plain gold or silver stud earring may be worn in each lobe
2. If desired, a watch
3. If desired, a small religious symbol such as a cross or crucifix on a plain chain
4. No rings
5. No bracelets or armbands of any sort
6. No facial piercings including tongue!
7. Rosary beads are aids to prayer and are not worn openly as a 'necklace'

FOOTWEAR

Plain black flat-heeled walking shoes are the only permitted footwear

1. No canvas shoes
2. No cloth shoes
3. No 'trainers' or plimsolls
4. No ankle boots – defined as footwear which covers the ankle bones
5. No sandals
6. No embroidered or decorative patterns on shoes, including designer logos
7. No coloured laces or distinctively coloured eyelets
8. No coloured, sports or logo socks (white or navy knee length socks or black or navy tights. In summer [final half term] pupils may wear white ankle socks).

In very bad weather conditions - heavy snow and/or ice - students should take sensible precautions and wear appropriate footwear e.g. boots or wellingtons. They will then change into plain black shoes once inside school.

SKIRTS

1. Skirts are worn as designed
2. Skirts are not worn higher than knee level
3. Skirts are not rolled up at the waist



Uniform Guidelines

TROUSERS

1. Only navy school trousers with the UAI logo (available from the school suppliers) are permitted

OUTDOOR COATS, SCARVES AND HATS

An Ursuline School Coat is available from the School Uniform Shop. For coats purchased elsewhere the following rules apply for students in years 7 to 11:

1. Coats are plain blue or black
2. Coats are longer than the school blazer
3. Coats are made of cloth - not real or imitation leather
4. Coats do not contain logos, colours or trim
5. Coats are not worn as a substitute for school blazers
6. Scarves must be plain blue or black
7. Hats, likewise, are plain blue or black
8. Hijab, plain and navy blue (optional)

HOODIES

The wearing of hoodies is strictly forbidden at all times whilst wearing school uniform. When the weather is cold a school pullover and/or cardigan plus blazer and appropriate outdoor coat is sufficient.

SCHOOL BAGS

1. School bags should be 'fit for purpose' – designed to carry books and other school equipment
2. School bags are not fashion statements
3. School bags will be 'sober' in colour - no pinks, yellows, fluorescent greens or such like
4. School bags will be free from inappropriate logos
5. School bags should have good spinal support which will help improve posture

GENERAL APPEARANCE

1. Uniform is neat and tidy at all times and worn with pride
2. Serviam Badges are worn at all times on the lapel of the Blazer
3. No other badge may be worn unless especially school related

Please remember that Uniform regulations apply at all times when the Uniform is worn, in school as well as going to and from school.

Any student who is in deliberate and continuous breach of any of the above runs the risk of being excluded from class or from school until such time as the matter is put right. The argument that any such breach is supported by a parent is not acceptable. In emergencies a Head of Year may provide temporary exemption from one or more of the above but only after a written request from a parent.

Items which are not part of school uniform such as jewellery and hoodies will be confiscated and returned at the end of the half term in which they have been confiscated



Uniform Guidelines

Uniform

What are the uniform items you must wear?



- School blazer with SERVIAM badge pinned to the lapel
 - White shirt/blouse
 - School V-neck sweater or cardigan
 - Blue school skirt – worn to the knee or UAI School trousers
 - White or Navy knee length socks *or* black or navy tights
 - Black, flat-heeled school shoes [leather or leather appearance].
 - Head coverings must be blue or black
 - Cloth coats [no real or imitation leather] must be plain black or blue and *longer* than the blazer
 - Hair must be 'natural' colours only
- Optional: two plain studs worn in the lobe of each ear, a small religious symbol on a thin plain chain, a watch.



- Additional jewellery
- Nail polish or nail extensions
- Make-up
- False eye lashes or eyelash extensions
- 'Hoodies'
- Leggings
- Socks over tights
- Hair accessories must be black, blue or clear only
- Sweaters must be worn correctly and not tied at the back



What are you not allowed to wear?



A reminder of our school rules...

RULES FOR THE SCHOOL COMMUNITY

As a learning community, we all have important rights, and these are guaranteed by the responsibilities we also share. The rules below give common examples of how these responsibilities translate in our day-to-day routines.

The responsibility to ensure a productive learning environment for all:

- Students must follow all instructions given by school staff.
- Students must work hard and do their best e.g. completing homework on time and completing classwork as directed by their teacher.
- Students must not distract others e.g. through inappropriate talking in class
- Students are not permitted to use mobile phones on site. Mobile phones, if brought to school, must be switched off and stored in students' bags. If a phone is seen or heard it will be confiscated, and returned only to a responsible adult, but not on the day of confiscation. Phones will be confiscated if they are switched on or being kept in blazer or uniform pockets. If a responsible adult is unable to collect the phone, then it will be held for a week before being returned to the student. The school will examine mobile phone content if there is a reason to suspect that such content is not in keeping with the values of the school and/or is contributing to poor relationships with other students.
- Students must always wear the correct uniform or PE kit.
- Students must strive to arrive at school and all lessons on time with the correct equipment.

The responsibility to ensure a safe and happy environment for all:

- Students must move quietly and sensibly around the building and keep to the left on stairs and in busy areas.
- Students must act with kindness and consideration towards others and not engage in any behaviour that may make others feel upset, anxious or scared. This includes any form of bullying, gossip, spreading of rumours or name calling.
- Expectations of how we treat each other in school apply to conduct online and on social media. Students must not engage in any form of cyber-bullying including talking about other students online or sharing images of other students.
- Any form of physical assault or fighting is forbidden. Any form of physical posturing or intimidation is also forbidden.
- Students will not engage in 'playfighting' or any horseplay that is likely to lead to accidents.
- Dangerous and/or illegal items should never be brought into school. This includes weapons, knives and fireworks.
- Students must wear safety equipment and follow specific safety instructions where applicable e.g. during practical work in science and DT.

The responsibility to ensure all feel welcome and valued:

- Students must show respect towards all members of the school community.

- Any behaviour or language that is racist, homophobic or discriminatory towards any person's protected characteristics (Equality Act 2010) is strictly forbidden.
- Students should be kind and welcoming towards each other.

The responsibility towards our common home and our shared resources:

- Students will treat school premises and equipment with care and respect. Therefore, intentional or reckless damage to property or equipment including graffiti are forbidden.
- Where property or equipment is damaged by accident, students are expected to report this to a member of staff.
- Students must tidy after themselves ensuring that any rubbish or recycling are placed in the correct bin.
- Students must not waste water and any form of water fight or squirting water at others is never allowed.
- Chewing gum is not permitted in school.
- Eating and drinking is not permitted in corridors or classrooms, and only water may be consumed during lessons. Food should be eaten in the canteen or outside except during winter or poor weather when permission has been given to use the main hall at lunchtime. Hot food purchased from the canteen must be eaten there.

The responsibility towards our own safety and wellbeing:

- Students must not bring any substances into school that could cause harm to health including alcohol, tobacco products, vapes, nitrous oxide, prescribed medication that has not been prescribed to them.
- Illegal drugs are forbidden as are 'legal highs' and other similar products. The use of solvents for intoxicating purposes will be considered in the same way.
- Students must follow our IT protocols and use IT and the internet safely and sensibly. Students must only log into the system using their own username and password and these details should never be shared with others.
- Students should follow school procedures for signing in and out of school and immediately alert reception or other available staff if they are unwell or are not present in lesson for any reason.
- If a student has a concern about their own or another student's safety, they must report this to a member of the safeguarding team.

Acting with Truth and Integrity:

- Students must maintain the high standards of conduct we expect in school when travelling to or from school or on an organised trip. School expectations and behaviour policies apply on these occasions and whenever a student is wearing their uniform.
- Where students receive a consequence for poor behaviour, they must fully comply with this as an important part of moving forward and being forgiven.





Word of the Week!

UAI Word of the Week

This year we are reintroducing our school 'Word of the Week', which will be published each week in the school newsletter, as well as shared by form tutors during morning registration. Students are encouraged to aim to use each 'Word of the Week' as much as they can throughout the week, both verbally and in written work, in order to be rewarded by staff with merits while also developing their own wider academic vocabulary!

This week's Word of the Week is:

subordinate
- adj. inferior, below, ranked lower than

English: In 'Blood Brothers', Mrs Johnson is Mrs Lyons' subordinate.
French Grammar: A subordinate clause is also known as a dependant clause, or 'une proposition dépendante'.
Employability: It is important to treat subordinates with respect and to empower them to contribute and improve.

subordinate
subordinates
subordinating
subordinated

sub-ordinate

Latin: sub (below)
Latin: ordinare (to put in order)

Who might use this word? translator, Human Resources officer, project manager

Sp Adobe Spark

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.



Extra-Curricular Activities

Day	Activity	Time	Room	Year
MONDAY				
BREAKTIME				
LUNCHTIME	Basketball: KKE/LWH	12.40 – 1.40p.m.	Gym	Years 9/10
	Library Lunch Club: CFI	12.40 – 1.35p.m.	Library	All Years
AFTER SCHOOL	Homework Club: CFI	3.30 – 4.30p.m.	Library	All Years
TUESDAY				
BREAKTIME				
LUNCHTIME	Dance: GCSE PE Students	12.40 – 1.40p.m.	Dance Studio	Years 10/11
	Gymnastics: KKE	12.40 – 1.40p.m.	Gym	Years 7/8
	Library Lunch Club: CFI	12.40 – 1.35p.m.	Library	All Years
	STEM Club (Visualise): AKO	1.00 – 1.30p.m.	G12	All Years
AFTER SCHOOL	Homework Club: CFI	3.30 – 4.30p.m.	Library	All Years
	Open Netball Session: LWH	3.20 – 4.20p.m.	Playground/Dance Studio	Years 9/10/11
WEDNESDAY				
BREAKTIME				
LUNCHTIME	Eco Club: HCO/JMC	1.00 – 1.30p.m.	G3	All Years
	Indoor Athletics: JMA	12.40 – 1.40p.m.	Gym	Years 7/8
	Islamic Society: AAH	12.40 – 1.40p.m.	F8	All Years
	Library Lunch Club: CFI	12.40 – 1.35p.m.	Library	All Years
AFTER SCHOOL	DT Catch-Up Club: AKO	3.20 – 4.20p.m.	G12	Year 11
	Football: LBU/DOK/LWH	3.20 – 4.20p.m.	Gym	Years 7/8/9
	Homework Club: CFI	3.30 – 4.30p.m.	Library	All Years
	Open Netball Session: JMA	3.20 – 4.20p.m.	Playground/Dance Studio	Years 7/8
THURSDAY				
BREAKTIME				
LUNCHTIME	Badminton: DEA	12.40 – 1.40p.m.	Gym	Years 9/10/11
	Debate Club: EDO	12.40 – 1.40p.m.	F19	Years 12/13
	Library Lunch Club: CFI	12.40 – 1.35p.m.	Library	All Years
	STEM Club (Visualise): AKO	1.00 – 1.30p.m.	G12	All Years
Fortnightly	African Caribbean Society: SAK/DOK	12.45 – 1.15p.m.	G9	All Years
AFTER SCHOOL	Homework Club: CFI	3.30 – 4.30p.m.	Library	All Years
FRIDAY				
BREAKTIME				
LUNCHTIME	Dance: KKE	12.40 – 1.40p.m.	Dance Studio	Years 7/8
	Library Lunch Club: CFI	12.40 – 1.35p.m.	Library	All Years
	Sporty Friday: JGA	12.40 – 1.40p.m.	Gym	Years 7/8/9/10/11
AFTER SCHOOL	Homework Club: CFI	3.30 – 4.30p.m.	Library	All Years

10 Top Tips for Parents and Educators SUPPORTING CHILDREN GOING BACK TO SCHOOL

Change can be hard for children to manage. Going back to school after a long summer break might cause them to feel uncertain about their friendships, school routines and relationships with new teachers. However, trusted adults play an important role in providing both practical and emotional support.

1 LEARN WHAT EQUIPMENT YOU NEED

Figure out a list of all equipment needed for the start of the school year, so you can comfortably get your hands on the necessary items in time. If children have any financial issues and receive free school meals, the school may be able to provide some monetary aid or offer other support.



2 COMMUNICATE WITH THE SCHOOL

If you notice that a child is feeling anxious about a change of teacher or school, arranging a one-to-one meeting with their new teacher can be a good way to alleviate some of the anxiety. Just knowing that they understand the child's worries and will be able to help them if the need arises can build the foundations of a good working relationship. Knowing that you can contact them with any queries can also be reassuring.



3 CHECK THE SCHOOL WEBSITE

There will be plenty of information about the start of term on the school's website to keep you updated. Furthermore, you should be able to find other useful information such as contact details for staff, important school equipment, clubs, and news about any special events on the school calendar for the year. It could be helpful to look through this with children for anything which might reassure them.



4 HELP TO MANAGE FRIENDSHIPS

If a child is feeling anxious about making new friends – especially if they're moving up to secondary school – it can be a good idea to remind them of what they could do or say when meeting new classmates. Investigating the extracurricular activities available could be a good way to open a conversation about their hobbies and pastimes, and joining such clubs could allow new friendships to be built on this mutual interest.



5 PLAN SELF-CARE

Talking to children about how they can manage their self-care can be an effective way of helping them understand its importance. This might involve playing a computer game they love with friends, a weekly visit to the library, getting to bed at the same time each night, or a range of other activities that support their wellbeing and provide the familiarity and safety of a routine that works for them.



6 MANAGE TRICKY FEELINGS

Explain that it's okay to have difficult feelings around returning to school. This can help reduce any shame or embarrassment a child might be feeling over these emotions. Emphasise that other children – even some of the teachers – will be feeling the same way. Consider practical ways to manage these feelings and help children feel more in control of their emotions. Some examples include fidget toys, breathing exercises or a notepad for doodling.



7 SECURE A SCHOOL UNIFORM

Parents and carers should try to buy a child's uniform for the new academic year well in advance of the new term (although allowing for potential holiday growth spurts) and give them time to adapt to any changes. Make sure they can comfortably change into and out of it for PE lessons. Double check the requirements for PE on the school's website, as some schools will also have requirements for PE kits.



8 PREPARE FOR TRANSITION DAYS

Ensuring that children attend transition days is a vital step in preparing for the new year. Some schools also have transition evenings for parents and carers to attend, offering extra opportunities to reach out for any additional support.



9 READ THE MENTAL HEALTH POLICY

If a young person struggles with their mental health, it's important to understand their school's mental health policy and provision to know what support is available. This should be on the school's website. A range of aid is typically on offer – from individual timetable amendments to group sessions on emotional wellbeing. You can then discuss these options with the child to reassure them that help is there if they need it.



10 LEARN ABOUT SEN SUPPORT

If a child has SEN and receives help in school, try to confirm exactly what support is available, to ensure they'll be having their needs met. If they're moving up to secondary school, it's a good idea to meet with the SENCO to ensure that all teachers receive the most relevant, up-to-date information about the child's needs and have a contact to liaise with if these change over time.



Meet Our Expert

Amy Sayer is a freelance mental health trainer for schools, an author and a content writer. She is an Associate for Diverse Educators, a fellow of the Chartered College of Teaching and ITT wellbeing coach. Amy has previously been a SMHL coach, helping many different settings audit their mental health provision and support them to create and implement a strategic plan based on the specific needs of each setting.



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Source: See full reference list on guide page at <https://nationalcollege.com/guides/supporting-children-going-back-to-school>