



Ursuline Academy Ilford

Weekly News – 2024/2025 Issue 3
20th September 2024



Upcoming Events

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.

Carol Service

Tuesday 17 December
5.30 – 7.30p.m.

6th Form Open Evening

Thursday 23 January
5.00 – 7.00p.m.



Headteacher's Headlines

Dear Parents & Carers,

We will be hosting our Open Evening event on 3rd October if you have friends and family with daughters in year 6 please do share with them your experiences of your children attending UAI and details of the upcoming Open Morning Tours we will host at the Academy.

I am very proud of all the winners of the Biodiversity competition, see Ms Colder's (Head of Humanities) article below. Our students are successful across all domains of school life, you will be as impressed as I am with their poetry and artwork below.

We are looking forward to celebrating European Languages week next week. Thank you to Ms Grassi (Head of MFL) for all the wonderful activities which will be taking place.

You can see how proud I am of our Year 7 pupils in the photos on p.16 below at our annual badge commissioning service. Thank you to Ms Kayode (Head of Year 7) and the team of form tutors.

We have a dedicated prayer space available every lunchtime in F11. Anyone who wishes to pray is welcome to use the space during this time. Additionally, if any students have spare prayer mats at home and would like to donate them, it would be greatly appreciated! Donations can be brought to F11. Thank you for your support.

SERVIAM
Fiona Stone



Ursuline Academy Open Event Season 2024



THE URSULINE
ACADEMY ILFORD

Open Evening Thursday 3rd October 5.00–7.00pm

Headteacher and Student Presentation: 5.15pm,
followed by tours of the school

Open Morning Tours will be run throughout October
starting at 9.00am.

To book a place at one of our events, please scan the
QR code or visit our website



The Ursuline Academy Ilford: where our young women belong; where they believe and realise their talents and potential; where they become leaders in their chosen field, making their true mark and a difference in our world.

Reasons to belong:

1. A **welcoming, inclusive and supportive atmosphere** where everyone grows and thrives. Our unrivalled transition programme into Year 7 will fast track growth, discovery and preparation.
2. A true dedication to **uplifting young women**, helping them become strong, confident and courageous. Solidarity, encouragement and supporting each other allows us to excel together.
3. **Impressively high academic standards** where students make exceptional progress and achieve excellent outcomes.
4. An **exceptional, high performing and popular sixth form** that provides educational and social opportunities, with a strong focus on student success and preparation for flourishing careers.
5. A **Catholic education built on strong foundations of community** and social responsibility where students of all faiths and none, who share and respect our values, are welcomed with open arms.



Join us on the Ursuline Journey of Success!

Morland Road, Ilford, Essex IG1 4JU 020 8554 1995 enquiries@uai.org.uk  ursulineacademyilford

#UrsulineAcademyOpenEvents24



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Chaplaincy News

Pope Francis@Pontifex – 19 September 2024

Prayer open a sliver of light even in the densest darkness. "Lord help me!" is a cry that opens up that path. #YearOfPrayer

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

September: Live

20th September: The little ones, poor as they are, will find consolation and comfort.

21st September: In times of great need, true friendship is recognised.

22nd September: I shall always be in your midst, helping your prayers.

23rd September; Jesus Christ will enlighten you about what you have to do.

24th September: Strive to seek out the means and ways to advance.

25th September: And always let your principal recourse be at the feet of Jesus Christ and there, all of you, with all your daughters, offer most fervent prayers.

26th September: Let them have Jesus Christ for their only treasure, for there also will be love.





Football News

This Wednesday the Ursuline Angels started a new campaign in the Redbridge U13s Girls Football League. Luckily for us, our bogey team who we always lose to, Woodbridge, were our first opponents in the first games so we could get them out of the way early.

Dusting off our cobwebs and starting to work out our best formation, we lost our first game to Woodbridge's B team. With a new lineup and a debuting 'keeper, we managed to perform better against the A team than the B, securing a hard fought 0-0 draw (and Ursuline's first point against this school in any age group after four years of trying!).

For the third game, we felt fired up and confident and managed to score a goal in each half, from **Aaminah Hussain** and **Noor Janat** to win a comfortable 2-0.

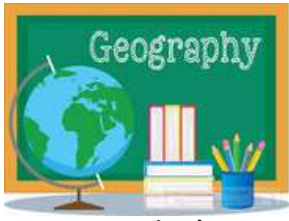
The girls were tenacious and strong through all three games, and really came on as a team over the course of the afternoon. Special mentions to **Fola** for hitting the bar on two occasions in the 0-0, both from her own half! Also to **Theres** for coming in for her first games as goalkeeper, keeping two clean sheets and commanding her area.

However, player of the day has to go to **Aaminah** for her goal, how well she was communicating throughout, and supporting in all areas of the pitch for all three games. Well done all!

If you're interested in joining, we're looking for more players in year 7 and 8. Training is every other Wednesday, tournaments are the other Wednesdays. Training on in the gym next week.

Mr Burt, Ms Whates and Mr Okyere, Football Coaches





Geography News

Congratulations to the winners of the Biodiversity competition with London Academy of Excellence (LAE)!

I have attached some of the brilliant entries, including poems, artwork and photographs. The winners of the event are invited to attend the Biodiversity Exhibition on Friday the 27th September where your submissions will be displayed for everyone to see! The event has refreshments, food and live music. You will also be able to visit the 6th form facilities and ask the students questions about studying at LAE.

If your name is listed in the winners, please come to G3 on Monday breaktime to see Miss Colder so she can give you more details about the event.

List of winning students below:

Athishaiya Kajansiwakumaran

Shanjirra Suresh

Laksha Maruganandan

Amelia Ali

Salwa Husain

Sajia Husain

Israt Dokhander

Ruth Chandry

Raheema Mohamed Yousuf

Ruksha Chasikumar

Heather Nantango

Samia Baichoo

Shalome Sutharsan

Aaminah Husain

Christine Okejan

Anisa Hasan



Ruksha 11C



Shanjirra 11J



Ruth 11T

Biodiversity
By Heather, IIT

The beauty of nature

Complex, calming and beautiful,
Nature is like the thin thread that connects us,
Together with the flowing streams,
And the predators.

We are the predators, eating away at the jewels,
The precious diamonds of the Earth,
Mother nature will rebel, one day,
Not today, but why should we let Her?

Like our mother who gave us life,
Took care of us and fed us,
Lets give back to the mother of all, Earth



Planet Leto:

(Biodiversity free-verse poem – [Leto is Greek for “the forgotten one”]):

Fires spread everywhere,
Once a place filled with,
Laughing faces, squawks , beaks, tails and teeth,
Effervescent colours that manically splash
across the winding infinity streets

Like a Jackson Pollock, Picasso or a Monet,
“Beautiful from afar, but messier when you come closer”
They say,
Just a floating lump of green-mossed rock
Zooming through time and space

Home, they say, a place,
Once filled with the subliminal creatures & the
elephantine gentle giants of the seas,
Happily surfing and commandeering through the waves
as they please.

Now,
Buoyant bubbles of microplastics seep in
where we can't see,
Polychromatic, sharded glass splitting the seas,
Like Moses, but without a righteous cause.

Like-minded – somewhere else in time – mindless, corporate robots
Nonchalantly walk through the corporate halls,
Now, their spindling skyscrapers that once pierced the skies
Either, rightfully so, possess burnt tips
Or were drowned like the Titanic,
engulfed by the Jaws of the Seas.

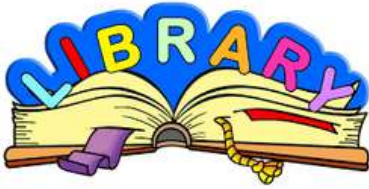
Now, nothing but the cacophonous silence can be heard,
not a little baby's burble,
Not a sound, Not a word,
Just the faint smell of the toxic fumes choking the air
From the distant, crackling fires,
Or the slight sloshing of the filthy, exhausted ground.

By: Laksha Muruganandan
|| Teresa

Author's Note/Explanation: As the title suggest "Planet Leto" essentially means "forgotten planet", and refers to how a planet like ours- (reader/s can chose to interpret "Planet Leto" as the real Earth to better understand the poem, as "Planet Leto" and the whole poem itself is literally a metaphorical reflection of Earth and its current state itself if it is left ignored and uncared for.) - could be recklessly destroyed and diminished into essentially nothing but natural disasters and uninhabitable, lifeless land due to rash human activity, ignorance and a lack of compassion & stewardship for our Earth. I chose to write a poem like this that not only illustrates the importance of biodiversity in the world, but also talks about how and clearly shows our lives might be colourless and depressing without it in the near-dystopian future if radical action isn't taken now to reduce global carbon emissions and reverse the adverse effects posed by climate-change and global-warming. It is OUR RESPONSIBILITY as citizens and STEWARDS of the world and of God, and it's OUR JOB to PROTECT IT.



Ms Colder, Head of Humanities



Library News

Open All Hours

Do you know that by joining your local library you have 24-hour access to a virtual library whenever you want it!

You can borrow books and films anytime you want, by downloading Borrow Box and Libby to your devices.

Enjoy instant access to thousands of eBooks and eAudiobooks for free with your library card at a time that suits you!

If films are more your thing, then try Kanopy our free film streaming service.

All you need to do is register at your local library and the you have access to all of the above from the comfort of your own home.

For more detail click [The Libraries Consortium - OverDrive](#)



The Week Junior Book Festival 2024 on October 29th at the iconic Barbican in London featuring Micheal Rosen, Cressida Cowell, Joseph Coelho and A.F. Steadman plus many more

This is an opportunity to ensure you and your children are part of another unforgettable day of fun, learning, and inspiration.

With a fantastic lineup of activities, workshops, and talks designed to engage and inspire young minds, The Week Junior Festival is the perfect family day out over half-term.

Whether your child loves storytelling, science, or simply exploring new ideas, there's something for everyone.

BOOK NOW

Ms Finlay, Librarian



MFL News



MFL: EDL: European Day of Languages 2024: 26th September

What is European Day of Languages?

The Council of Europe declared a European Day of Languages to be celebrated on 26th of September each year. The general objectives of the European Day of Languages are: Alerting the public to the importance of language learning and diversifying the range of languages learnt in order to increase plurilingualism and intercultural understanding; Promoting the rich linguistic and cultural diversity of Europe, which must be preserved and fostered;

Encouraging lifelong language learning in and out of school, whether for study purposes, for professional needs, for purposes of mobility or for pleasure and exchanges.

This year, our MFL Department, with the help of our wonderful Language Student Ambassadors will be running a series of workshops all week starting 24th September. See Poster. Everyone is welcome!

European Languages Week
24th-27th September

Tuesday- 12:45-1:30
>French film screening G6
+ Popcorn £0.20
>Art Club G5

Wednesday-12:45-1:30
>French film screening G6
+Popcorn £0.20
>Art club G5

Thursday-12:45-1:30
>Initiation to Polish Language and Culture G5
>Macarena singing and dancing G6

Friday -All day
>You will be allowed to wear an accessory in the colours of the French and Spanish flag (Blue/ White/ Red/ Yellow).
>Cuban salsa workshop in Drama Studio-12:40-1:30
>Nail / Face painting in G6-12:40-1:30

>PLUS French breakfast (Tickets £1) 8 am in the Canteen on Friday 27th

Ms Grassi, Head of MFL



Music News

MUSIC EXAM CONGRATULATIONS!

A big congratulations to...



Charisse Billy-Giwa Violin Grade 1

Phoebe Billy-Giwa Violin Grade 1

Malaika Abigaba– Drum Kit Grade 2

Anita Loroy – Singing Grade 3

Haashini Saraladevi Balaji – Violin Grade 4

Harshikaa Sriramana– Flute Grade 4

★ You are stars! Well done!! ★



Music Extra-Curricular Activities

There have been a few changes to the timings of our Music clubs this academic year, including Glee Club, Guitar Ensemble, Composition Club, and Ursuline Singers. Please see the timetable below and take note of the timings of your club/s.

Please arrive at the start time of your club (see information below). If students need to buy lunch from the dining hall before a club, please see Ms Deller for a lunch pass for that day so as to **be on time**. All clubs are in **S5 (Music)**.

EXTRA-CURRICULAR MUSIC CLUB TIMETABLE					
	Monday	Tuesday	Wednesday	Thursday	Friday
Breaktime		URSULINE SINGERS (Year 9+) <u>@10.40am</u> S5	UKULELE GROUP <u>@10.40am</u> S5		
Lunchtime	GLEE CLUB <u>@ 12.40PM</u> Dance Studio	COMPOSITION CLUB <u>@ 1.10pm</u> S5	UAI CHOIR (All years) <u>@ 1pm</u> S5	WOODWIND ENSEMBLE <u>@1.10pm</u> S5	UAI BAND <u>@ 12.40PM</u> S5
	GUITAR ENSEMBLE <u>@ 12.40pm</u> S5	VIOLIN ENSEMBLE <u>@ 1.10pm</u> S5			





Music News

Applying for Instrumental/Singing Lessons at UAI

Based on 12 x 20minutes: **Individual lessons** cost £144 per term (£12 per lesson);
Shared lessons (2 students) cost £72 per term (£6 per lesson).

Please read and complete the following questionnaire in order to apply for music tuition at The Ursuline Academy Ilford. <https://forms.office.com/e/pjRCsDmrXH>

Music Tuition Frequently Asked Questions

Who teaches the lessons?

The lessons are taught by Visiting Music Teachers (VMT) who are freelance musicians, selected by the music department at The Ursuline Academy Ilford. All tutors have been DBS checked.

What if my daughter misses a lesson due to illness or school trips?

Lessons will not be rescheduled unless a parent/carer/student informs the VMT **at least a week in advance**. In this case, the lesson will be made up at a later date.

Should your daughter fail to attend a lesson due to forgetfulness or internal/external exclusion, they will not be able to make up that lesson.

Does my daughter need to provide their own instrument? We don't have room/finances to purchase a drumkit/piano/etc.

It is necessary for your daughter to be able to practice at home.

- **Drum Kit:** Drummers are required to bring their own sticks to lessons. Practice pads (not to be confused with electric drum pads!) are suggested for home use as they are a more economical and quieter option than a whole kit. With permission by the Head of Music, Drummers may practice on the music department's drum kit during brektime/lunchtime when it's available.
- **Piano:** Pianists need to have at minimum a small keyboard at home and can use the keyboards in S5 (Music) when the classroom is available;
- **Guitarists/Bass Guitarists:** It is preferable that guitarists bring their own guitars to lessons, although there are guitars available if this is difficult to arrange.
- **Violin:** The music department do have a few spare violins which can be loaned – please contact Ms Deller (sdeller@uai.org.uk) for more information and to check availability.

Is there a place for my daughter to store her instrument on lesson days?

Yes, students who bring their instruments to school may place it in the Music Storage Room. They need to bring it up at 8:30am and collect it themselves at the end of the day. Collecting their instrument at the end of the day is their responsibility.

Can my daughter do graded examinations?

Yes. It is encouraged for students to prepare for and complete graded examinations. The VMT will be able to advise you on the exam board as well as the cost and requirements.



Music News

Can my daughter perform on her instrument?

Yes. It is essential for your daughter's music education to join an extra-curricular group – please ask Ms Deller for more details or check the Music Extra-Curricular timetable in the newsletter. The groups perform at events throughout the year.

Students who study piano and perform confidently are selected to perform as soloists in key events such as assembly and masses.

What if my daughter decides halfway through the term that she doesn't want to continue with the lessons? Can we be refunded?

Unfortunately, once lessons have commenced, there are no refunds. Students are required to commit and parents to pay on a termly basis. Please have a discussion with your daughter about the commitment and discipline expected for learning an instrument.

NOTICE FOR MUSIC TUITION + APPLICATIONS

Why spend days, weeks or years saving up for your dream instrument and equipment when there are so many incredible 0% or low-interest finance options online and in-store at 'Take It Away' participating shops?

Take it away is an Arts Council England and Arts Council of Northern Ireland supported scheme that helps break down the financial barriers to making music by offering 0% finance on the purchase of musical instruments, accessories, software and tuition at over 130 music shops across England and Northern Ireland.



Here are the details of the nearest participating shop to Ursuline Academy Ilford:

Address: 54 North St, Romford RM1 1BH, UK

Phone: 01708 737977

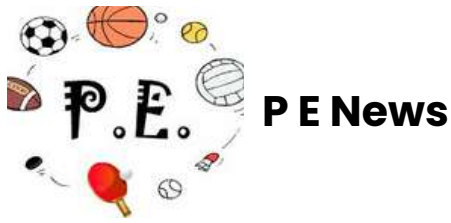
Website: www.musicland.co.uk

Opening hours: Monday to Saturday: 10am - 6pm; Sunday: 11am - 4pm

Instruments: Banjo, Bass Guitar, Clarinet, Drum Kit (Electric), Flute, Guitar (Acoustic), Guitar (Electric), Keyboard, Mandolin, Piano (Digital), Saxophone, Trombone, Trumpet, Tuba, Viola, Violin

Click on the link below for more information about the scheme and other participating shops.

[Tell me more about Take it away](#)



PE News

Sports star of the week:

Key stage 3: **Alina Syed** (Year 9)

Key stage 4: **Gabriella Edebor-Asuen** (Year 11)

Both students showed how courageous and resilient they were this week while they completed the 12 minute cooper test. Alina was able to overcome her fears and complete the whole 12 minutes without stopping. Previously Gabriella had not been a fan of the 12 minute run, or any run, but has always been known for her talent in the throwing events for Athletics. This week she completed the whole run and even when others doubted her she was able to prove them wrong and show her resilient. Well done!

Extra curricular clubs:

All our PE clubs started up this week and we have already had excellent attendance to all. All of our clubs are free for students and any students are welcome to turn up to the clubs. For our lunchtime clubs we ask if students can bring trainers (except for Gymnastics and Dance) and if they are wearing a skirt bring some shorts. For after school full PE kit is required.

During clubs this week three of our amazing Gymnasts in Year 8 showed off their set skills and balances. We are really looking forward to next week. See pictures below!



Ms Keogh, Head of PE



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 our 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:

subdue
- verb. conquer, repress, control, reduce

Drama: How would we physically portray a character who is subdued?

History: By the end of the battle, the uprising had been subdued.

Art: The colour palette here is less vibrant; more subdued.

subdue
subdued
subduing

sub-due

Latin: sub (under) Latin: subdere (to place beneath)

Who might use this word? welfare rights officer, politician, interior designer

Sp Adobe Spark



Ms Cooper, Head of English

**Year
7**

Year 7 Badge Commissioning Service



7C



7J



7R



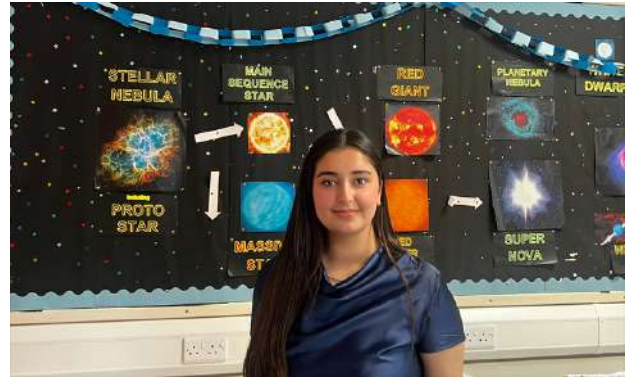
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Careers News

Hiba Ullah's Astrophysics Summer Internship at University College London



Hiba Ullah had the unique opportunity to spend her summer at University College London (UCL), working on a planet simulation program. During her time there, she delved into various factors influencing star formation and stellar nurseries, gaining hands-on experience in coding and astronomical research.

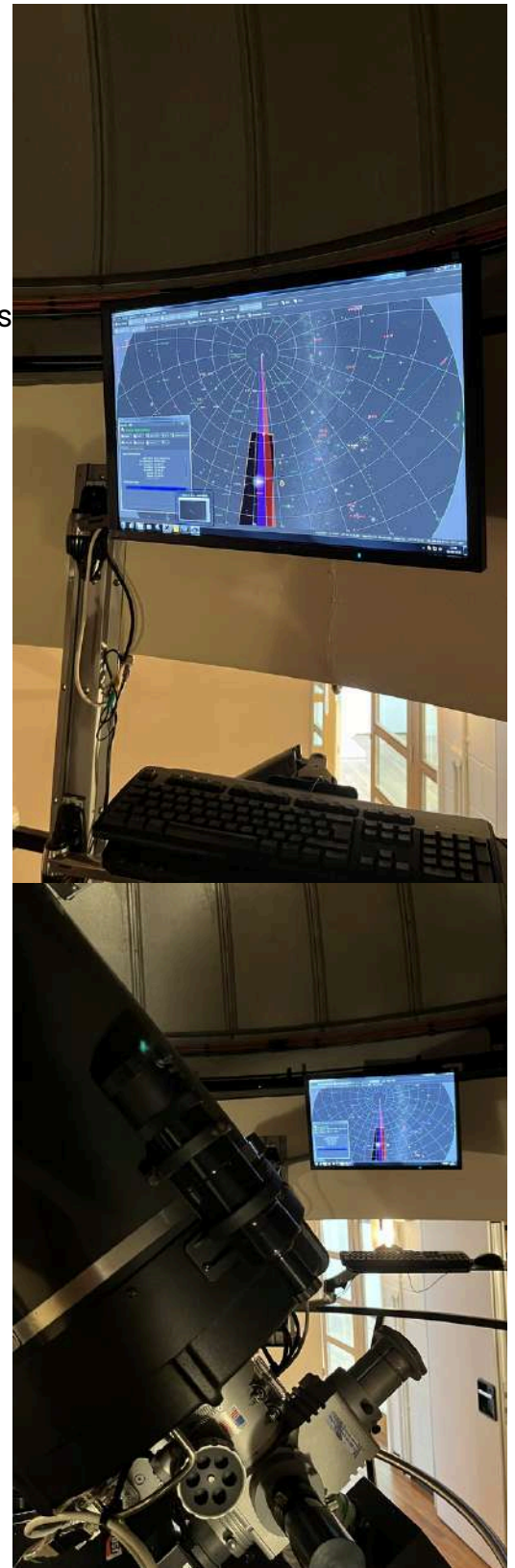
One of the highlights of her experience was visiting UCL's observatory, where she used the university's telescope to observe the sun. Throughout the summer, she was mentored by Mihkel Kamas, a PhD student in astrophysics, who guided her in both her research and career development. With his advice, she explored pathways into physics and astrophysics, gaining valuable insights into future career options.

For Hiba, the experience offered more than just academic growth. Living like a university student and having the independence to work on meaningful projects gave her a taste of academic life at a prestigious institution.

"This experience has broadened my horizons and deepened my understanding of careers in Physics. Also I enjoying coding and learning Python". Hiba Ullah Year 13

This experience has been fantastic for Hiba and has allowed her to link curriculum to real life uses, build essential skills and really feel enthused for the next stage of her learning journey. Well done and keep up the excellent work!

Miss Tallat, Careers Leader



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

Pathways to Law (London) and Pathways to Banking and Finance

These unique opportunities are designed for eligible Year 12 students (or equivalent) who are interested in exploring careers in Law or Banking and Finance.

We encourage your students to apply below before the application deadlines:

- [Pathways to Law \(London\): Sunday, 20 October 2024 at 11:59 PM](#)
- [Pathways to Banking and Finance: Monday, 28 October 2024 at 09:00 AM](#)

Please see the following attachments for electronic copies of the posters:

[Solicitor apprenticeship programme](#), including plans for the recruitment process for our September 2025 intake.

Date: 5 November 2025

Time: 18:00 – 20:00

Location: Bristows office, 100 Victoria Embankment | London EC4Y 0DH

Minimum requirements for course are **ABB at A-level**. Students can bring one parent or guardian with them



Army Officer Bursaries

If you're applying to or currently at university, you could be eligible for a bursary of up to £42,750 (£75,000 for medical students).

Whether you're thinking about a future with the British Army or are eager to learn about the fantastic opportunities that lie ahead, this event is designed for you. **Join us on Tuesday 1**

October at 18:30 - 19:30 to learn about the support young people receive throughout their careers, as well as the financial support we offer [Register Now](#)

Virtual Work Experience Programme - Medical and Dental applications

Our next **Get Into Medicine** Conferences are:

- Sunday 29th September, 9:30am - 3:30pm
- Saturday 5th October, 9:30am - 3:30pm
- Sunday 6th October, 9:30am - 3:30pm

Register here: <https://airtable.com/appgXnyzN5ZD9lwk6/shry7MZYtt3MGPjvO>

Our next **Get Into Dentistry** Conference is:

- Saturday 28th September, 9:30am - 3:30pm

<https://airtable.com/appgXnyzN5ZD9lwk6/shrBuiR7SBACc19kE>

PotMed Conference, an award-winning one-day medicine application crash course for aspiring medics.

Date: Saturday 28th September 2024

Time: 8.30am-5.30pm

Location: Sir Alexander Fleming Building, Imperial College London, SW7 2AZ

Tickets are priced at just **£29 which includes lunch and snacks** provided on the day.

<https://tinyurl.com/PotMedConference24>

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				
BEFORE SCHOOL	Breakfast Club: DGU	8.00 – 8.30a.m.	Canteen	All Years
LUNCHTIME	Basketball: KKE/LWH	12.40 – 1.40p.m.	Gym	Years 9/10
	Glee Club: SDE	12.40 – 1.10p.m.	Dance Studio	All Years
	Guitar Ensemble: JMC	12.40 – 1.10p.m.	S5	All Years
	I T Club: RGO	12.40 – 1.10p.m.	F6	All Years
	Library Lunch Club: CFI	12.40 – 1.35p.m.	Library	All Years
	Maths Club: SDN/SVI	12.40 – 1.40p.m.	F13	All Years
	Movie & Chaplaincy Club: GAD	12.45 – 1.15p.m.	Chapel	All Years
	Science Homework Club: SAK/KSE	12.40 – 1.10p.m.	G9	Years 7/8
Fortnightly	Chemistry Club: JOS	12.40 – 1.10p.m.	G8	Years 9 - 13
AFTER SCHOOL	Homework Club: CFI	3.30 – 4.30p.m.	Library	All Years
TUESDAY				
BEFORE SCHOOL	Breakfast Club: JMC	8.00 – 8.30a.m.	Canteen	All Years
BREAKTIME	Ursuline Singers: SDE	10.40 – 11.00a.m.	S5	Years 9 - 13
	Big Sister Mentoring: HCO	8.45 – 8.55a.m.	Hume House	Years 11 - 13
LUNCHTIME	Dance: GCSE PE Students	12.40 – 1.40p.m.	Dance Studio	Years 10/11
	KS3 Drama Club: IMI	1.10 – 1.40p.m.	Drama Studio	Years 7/8/9
	Gymnastics: KKE	12.40 – 1.40p.m.	Gym	Years 7/8
	History Catch Up: KBE	12.45 – 1.15p.m.	F20	Year 11
	I T Club: RGO	12.40 – 1.10p.m.	F6	All Years
	Library Lunch Club: CFI	12.40 – 1.35p.m.	Library	All Years
	Maths Club: SDN/TKA	12.40 – 1.40p.m.	F13	All Years
	Music Composition Club: SDE	1.10 – 1.40p.m.	S5	GCSE Music Students
	Python Lab: MHA	12.40 – 1.10p.m.	F7	Year 10
	STEM Club (Visualise): AKO	1.00 – 1.30p.m.	G12	All Years
	Violin Ensemble: SDE	1.10 – 1.40p.m.	S5	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				
BEFORE SCHOOL	Breakfast Club: JMC	8.00 – 8.30a.m.	Canteen	All Years
BREAKTIME	Ukulele Group: DEA	10.40 – 11.00a.m.	S5	All Years
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
	I T Club: RGO	12.40 – 1.10p.m.	F6	All Years
	Library Lunch Club: CFI	12.40 – 1.35p.m.	Library	All Years
	SEN Science Club: MUD	12.40 – 1.40p.m.	G11	Years 7/8
	Script Writing Club:	1.00 – 1.40p.m.	S4	Years 9 - 13
	UAI Choir: SDE	1.00 – 1.40p.m.	S5	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
	EAL Intervention: FCH	3.30 – 4.15p.m.	F11	Selected Students
THURSDAY				
BEFORE SCHOOL	Breakfast Club: EDO	8.00 – 8.30a.m.	Canteen	All Years
LUNCHTIME	Art Club: RBU	12.40 – 1.40p.m.	S2	All Years
	Badminton: DEA	12.40 – 1.40p.m.	Gym	Years 9/10/11
	Debate Club: EDO	12.40 – 1.40p.m.	F19	Years 12/13
	French Speaking Club: LGR	12.40 – 1.10p.m.	G6	Year 11
	Greek Mythology: MPO	12.40 – 1.10p.m.	F4	All Years
	IT Club: RGO	12.40 – 1.10p.m.	F6	All Years
	Library Lunch Club: CFI	12.40 – 1.35p.m.	Library	All Years
	Medic Mentoring: KSE	1.10 – 1.40p.m.	G11	Year 12/13
	STEM Club (Visualise): AKO	1.00 – 1.30p.m.	G12	All Years
	Woodwind Ensemble: SDE	1.10 – 1.40p.m.	S5	All Years
Fortnightly	African Caribbean Society: SAK/DOK	12.40 – 1.10p.m.	G9	All Years
AFTER SCHOOL	Homework Club: CFI	3.30 – 4.30p.m.	Library	All Years
FRIDAY				
BEFORE SCHOOL	Breakfast Club: DGU	8.00 – 8.30a.m.	Canteen	All Years
BREAKTIME	EPQ Club: GIR	10.40 – 11.00a.m.	G19	Year 12/13
LUNCHTIME	Art Club: RBU	12.40 – 1.40p.m.	S2	GCSE/A Level Art Students
	Dance: KKE	12.40 – 1.40p.m.	Dance Studio	Years 7/8
	Gardening Club: DEA	12.40 – 1.10p.m.	Chapel	Years 7/8
	IT Club: RGO	12.40 – 1.10p.m.	F6	All Years
	Library Lunch Club: CFI	12.40 – 1.35p.m.	Library	All Years
	Movie & Chaplaincy Club: GAD	12.45 – 1.15p.m.	Chapel	All Years
	Sporty Friday: JGA	12.40 – 1.40p.m.	Gym	Years 7/8/9/10/11
	UAI Band: SDE	12.40 – 1.10p.m.	S5	All Years
AFTER SCHOOL	Homework Club: CFI	3.30 – 4.30p.m.	Library	All Years

Extracurricular Activities

10 Top Tips for Parents and Educators USING AND REVIEWING PARENTAL CONTROLS

Phones and computers are essential parts of children's lives, but with unfettered internet access comes a multitude of risks. While not foolproof, parental controls can help with this; filtering out inappropriate content, limiting the ability to spend real money, capping screen time and generally making devices safer for young people.

1 KNOW THE TYPES

While parental control software can apply to an entire device, it also pays to know about options on individual apps and websites. TikTok, for example, has Restricted Mode for limiting unsuitable videos, while Snapchat lets you keep an eye on who a child has been talking to. Check the settings of any new app young users want and review your options.

2 COVER ALL DEVICES

Knowing what parental controls cover is crucial, as remaining unaware can run the risk of 'blind spots' in the device's safety measures. Controls on a phone will apply whenever a child's on that device, for instance – but you'll want to ensure that parental controls are set up across any laptops, tablets and potentially other phones, too. Remember, buying a new device may require you to set everything up again.

3 DON'T NEGLECT SHARED TECH

While children often have their own devices, if you have a shared family computer or tablet, for example, you'll need to make sure that's not a weak point in your safety measures. Parental controls for your router, that cover everything connected to your Wi-Fi, are one option – or you can just be thorough with each device and online account. Just ensure that unprotected laptops, phones and tablets are password locked.

4 CONSIDER TIME CONTROLS

Even safe internet content can be harmful if it's viewed in excess. Not only are certain apps addictive enough to distract from other duties, but late-night usage can badly disrupt sleep, which is vital for adolescent brain development. Most parental controls offer some kind of time limit – either blocking access at certain hours or capping the number of minutes it can be used per day – so be sure to consider these.

5 BLOCK APP SPENDING

Seemingly free apps can sometimes include microtransactions: purchases that can be made using real money. While plenty of developers implement these fairly, some companies attempt to manipulate children into paying for additional features or content, which can soon add up to hundreds of pounds if a child gets carried away. Thankfully, iOS and Android's settings allow you to block in-app purchases, preventing any huge bills.

6 NO CONTROLS ARE PERFECT

Parental controls can be very useful, but they're far from infallible. Some unpleasant content can and unfortunately will slip through the net, so remember that setting up these measures isn't a substitute for taking an active interest in young people's digital lives. Talk to them, and make sure they're aware of the risks of the internet as well as its benefits.

7 MIND THE GAPS

There'll undoubtedly be some gaps in parental controls, no matter how thorough you intend to be. For example, if you use router-level parental controls, bear in mind that these won't cover WiFi outside the home. For that reason, it's important to keep an open dialogue with children about the many unpalatable aspects of social media and the web.

8 KEEP THINGS SECURE

Some children can react poorly to parental controls and feel tempted to circumvent them. It's important to ensure that the passwords to these settings remain unknown to children, otherwise they can easily modify the restrictions without you knowing. Similarly, make sure your phone isn't left unlocked and unattended.

9 REVIEW CONTROLS REGULARLY

Parental controls shouldn't be a 'set and forget' deal. Not only can parental summaries provide you with a frequent overview of a child's digital life – to let you spot any warning signs – but companies often add new features, and some of these may be useful to enable (or disable). Regularly checking in ensures that if a child has found a way to wiggle out of the controls, you'll be the first to know.

10 KNOW WHEN TO LET UP

The parental controls you install on a computer for a seven-year-old probably wouldn't be appropriate for a child of 16 – and as young people approach adulthood, bubble wrapping the internet can do more harm than good. Consider relaxing parental controls as children get older, so they can learn to manage the risks of the internet themselves, without so many training wheels.

Meet Our Expert

Alan Martin is an experienced technology journalist and the former deputy editor of technology and internet culture website Alphr. Now freelance, he has contributed articles to publications including the New Statesman, CNET, the Evening Standard, Wired, Rock Paper Shotgun, Gizmodo, Pocket Gamer, Stuff, T3, PC Pro, Macworld, TechRadar and Trusted Reviews.



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