



Ursuline Academy Ilford

Weekly News – 2024/2025 Issue 5
4th October 2024



Upcoming Events

Curriculum Enrichment Day

Tuesday 8 October

Staff Training Day

Thursday 10 October
No Students in School

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.

St Angela's Day

Friday 24 January
School closes at 12.40p.m.



Headteacher's Headlines

Dear Parents & Carers,

I'm delighted that our Open Evening was a wonderful success yesterday! Prospective families experienced the warm, welcoming atmosphere that makes Ursuline Academy Ilford so special. I highlighted how our small school allows every student to feel known, valued, and supported, with a strong focus on belonging and personal growth. Visitors were inspired by our students' stories and left with a clear sense of how we help young women believe in themselves and become confident, compassionate leaders. If you know of families who would like to visit our school at one of our upcoming open events, do tell them to visit our website

[The Ursuline Academy Ilford - Home \(uai.org.uk\)](http://uai.org.uk)

As we enter October, the month of the Rosary, we are reminded of the special role Mary, our mother, plays in our faith. The Rosary is a cherished prayer for Catholics, offering us a moment of reflection and connection with God through Mary's intercession. By praying the Rosary, we ask for her guidance and protection, trusting in her loving care. Let us take this time to turn to Mary, asking her to lead us closer to Christ.

**SERVIAM
Fiona Stone**





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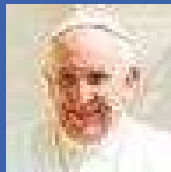
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Chaplaincy News

Pope Francis@Pontifex – 3 October 2024

The environment in which we live is a gift from heaven. Amid the trials of history and life, it reminds us of the beauty of our earthly dwelling. It must be safeguarded from the greed of money and speculation, which jeopardises our future.

#SeasonOfCreation

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

October: Be Shepherds

4th October: Spread peace and concord wherever you are.

5th October: What you want them to do, do it yourself first.

6th October: They are all creatures of God. And you do not know what he wants to make of them.

7th October: As far as possible, you yourselves provide.

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

9th October: Tell them that they should want to be united and in concord together, all being of one will.

10th October: They should want to be united.





Chaplaincy News

For their pledge to actively commit and represent our UAI Serviam virtues, our student chaplaincy team for 2024 were commissioned with their student chaplaincy badges in assemblies this week.

The students are keen to embark on various charity projects and lead as well as participate in all chaplaincy events.



Gladys Adomako, Chaplain



Clubs News

Ukulele Club

Our wonderful Ukulele Club is up and running every Wednesday at breaktime as usual in S5!

We are having a good think about some new songs to learn for this academic year, and we are looking forward to participating in some of our school assemblies and concerts in the coming weeks and months also.

Year 7 and 8 students are very welcome to join, and no previous experience is required so feel free to pop in! (Warning it is very addictive!)

Ms Eakins





Football News

This Wednesday, the second of October, The Ursuline Angels carried on our excellent run of form with three more games in the Redbridge U13 Girls League at Frenford. We secured results of 0-0; 1-0 and 3-0. The defence were strong throughout, and our goalkeepers, **Charisse** and **Angel**, were largely untested. There was excellent desire from all players to block and defend for the team, and the unity and teamwork they are showing is really paying off with the results. This is now five games in a row, more than an hour of play, that we haven't conceded a goal.

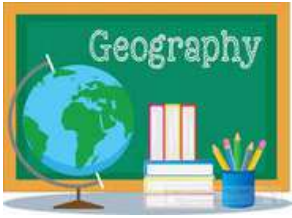
In our second game, we brought Charisse out of goal to see if she could impact the game and break the deadlock we endured in the first game. Towards the end of the game, Charisse managed to pop up in an attacking position, drive towards goal and finish neatly beyond the opponent keeper, garnering cheers of appreciation even from coaches of other schools who were watching on.

In the third game, Charisse was similarly involved, where her throw ins proved decisive, two of which led directly to goals. However, the acclaim must go to **Aaminah Hussain**, much like last week where her attacking play proved the difference. After some unlucky attempts in the first two games where excellent positioning and attacking intelligence couldn't quite equate to goals, she shrugged off any pressure she had previously felt and scored three very smartly taken goals.

This form has led to us being early frontrunners in the local league, and long may it continue! Anyone in year 7 and 8 who would like to join in the fun, please speak to Mr Burt, Mr Okyere or Ms Whates. Training takes place on Wednesdays after school.

Ursuline Football Coaches, Mr Burt, Mr Okyere and Ms Whates.

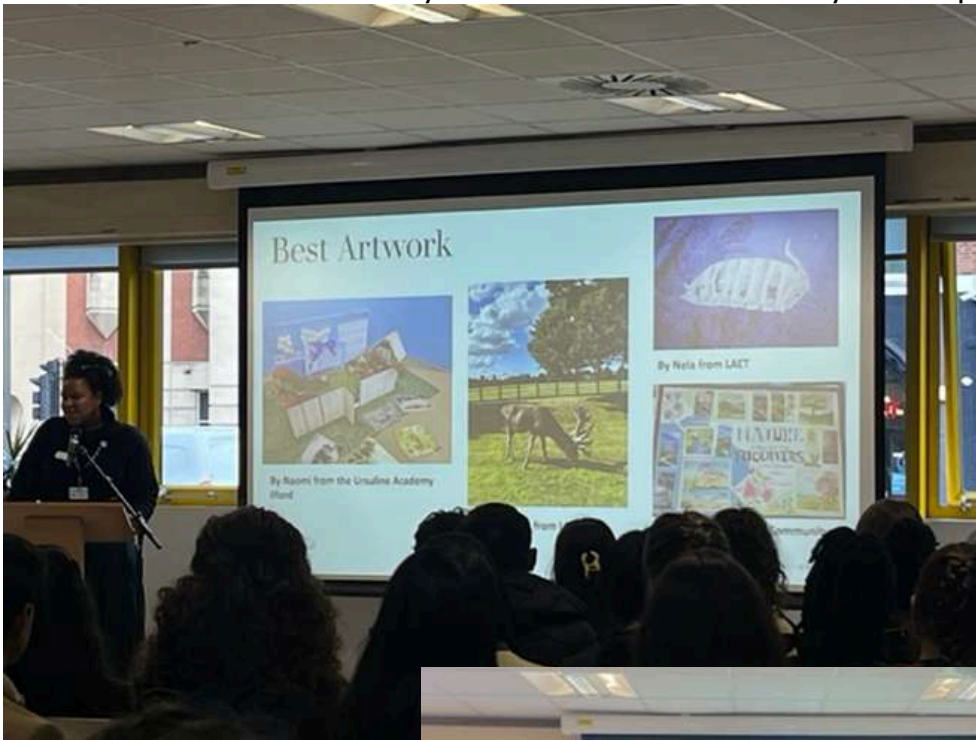




Geography News

Biodiversity Exhibition

Our talented Year 10 and 11 students have won a prestigious biodiversity competition, organised by an ex-student at the London Academy of Excellence. Their outstanding artwork was proudly displayed alongside submissions from other schools, offering a powerful message about the importance of protecting our natural environment. The event was a fantastic opportunity for our students to engage with inspiring speakers, participate in thought-provoking talks, and explore volunteering opportunities with renowned organisations such as Kew Gardens. We are incredibly proud of their hard work and creativity! Special shout out to **Naomi Soares** who's project was nominated for best art work – and thank you Ms Kodi-Pecku for all your help!



**Ms Colder,
Head of Humanities**



Laudato Si Committee News

On Friday last we had a brief break from the rain, so our very dedicated Laudato Si Committee made a run for the chapel garden to gather up what was once a very green and colourful garden. But fret not! Spring and Summer will come around again and we are already putting a plan into action! Well done to **Sofiia** and **Bella** in Year 8 for always braving the weather as we come into the colder months.



Ms Eakins, Teacher of RE, Head of Year 10



MFL News



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.
- The MFL department would like to thank everyone who participated and helped out in the celebrations.

A massive THANK YOU and well done to our amazing Language Student Ambassadors who took part in putting this programme together.

Graphic designers:

Maya Adamczyk 9C, Sophia Lantona 9J, Cailyn Mutesi-Abigaba 8C, Aarani Sivamahinthan 8J

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

G5

WELCOME TO ART CLUB

European languages week

COME AND CREATE ARTWORK AROUND EUROPEAN CULTURES

27 SEPTEMBER IN G6

FACE PAINT AND NAIL ART



Event Photographer:

Jannat Mehadi, 9C

Film club assistants:

Aarani Sivamahinthan 8J, Farzana Shak 8J, Mathurena Uthayatheepan 8C, Hannah Mahmood 8C

Event Promotion:

India Crossland, Skyrach Kurien/ Holly Moffat/ Amber Bamgbopa/ Anaiah Anthony: 9J

Nails Design/ Face Paint:

Liyana Imran, Claire Yung, Anailza De Matos L B Bandeira, Fatima Nawazai: 8J



Art Club Assistants:

Riya Deshpande 8J, Chidera Ntochukwu 8C, Safaa-Khadeejah Patel 8C, Ayleen Henao Maldonado 9C, Afrida Hossain 9C



Our Art competition winner. Bravo, Jisha Nirmalkumar 7C

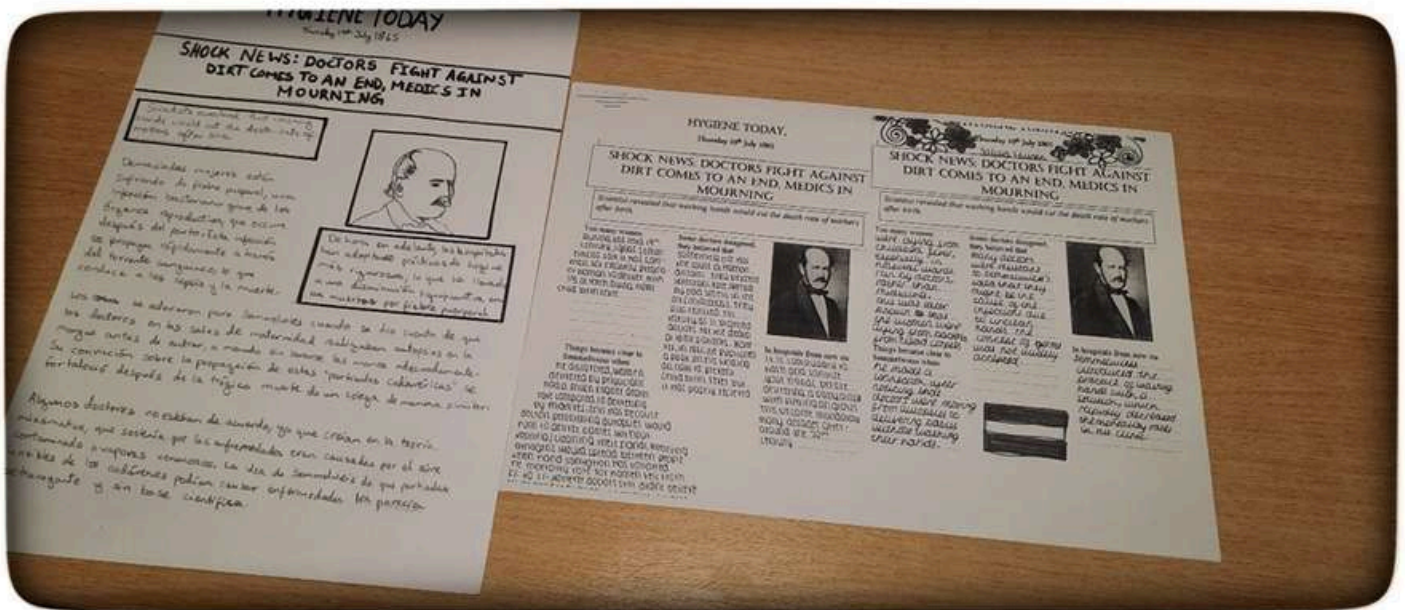
French Breakfast Club Assistants:

Holly Moffat/ Amber Bamgbopa/ Anaiah Anthony/ Sophia Latona: 9J



Thank you to the following teachers who organised European based cross-curricular activities:

Ms Filipe for Science, Ms Wood for Food technology, Ms Colder for Geography, Ms Deller for Music and Ms Mackie for History.



Year 10 Science work on Hungarian Physicist Ignaz Philipp Semmelweis. Well done, **Haashini Saraladevi Balaji** 10R who went the extra mile and translated the whole text in to Spanish!



Siddiqui, Zayneb



Khan, Inaya



Rola, Nancy

Year 9 Quiche Lorraine in Food Technology



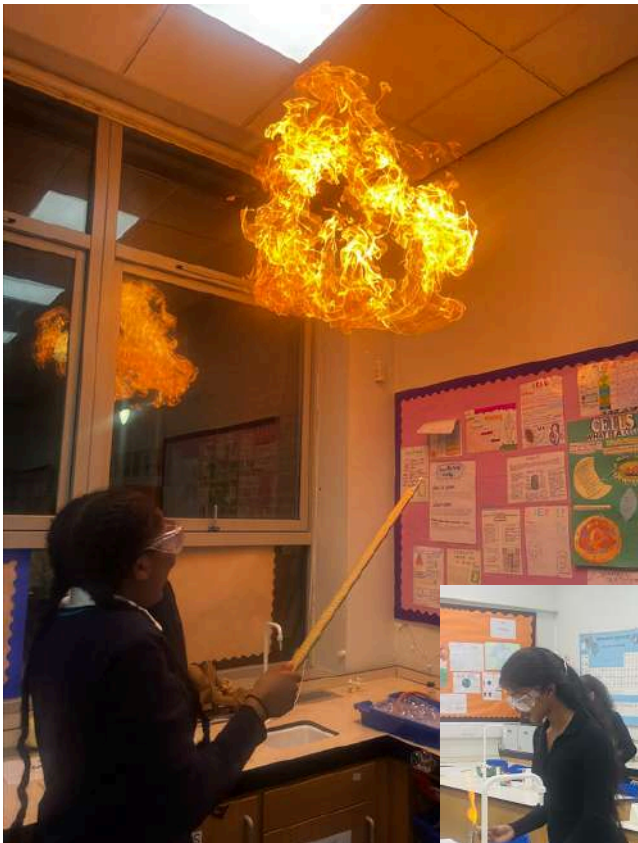
Gracias **Señora Barker** for running the Cuban Salsa workshop.

Ms Grassi, M F L Course Leader

Open Evening

Open Evening







All set to welcome our prospective Year 7's for the 2025-26 intake year @The Ursuline Open evening and day events are always very special to us at The Ursuline Academy Ilford (UAI), and yesterday was no different. It is always such a pleasure to share with our prospective students, their parents, guardians and their families, our amazing school. Days like this also afford our students to share their learning journey and showcase the various subject areas, club opportunities and their enthusiasm for engagement testament of the UAI experience.

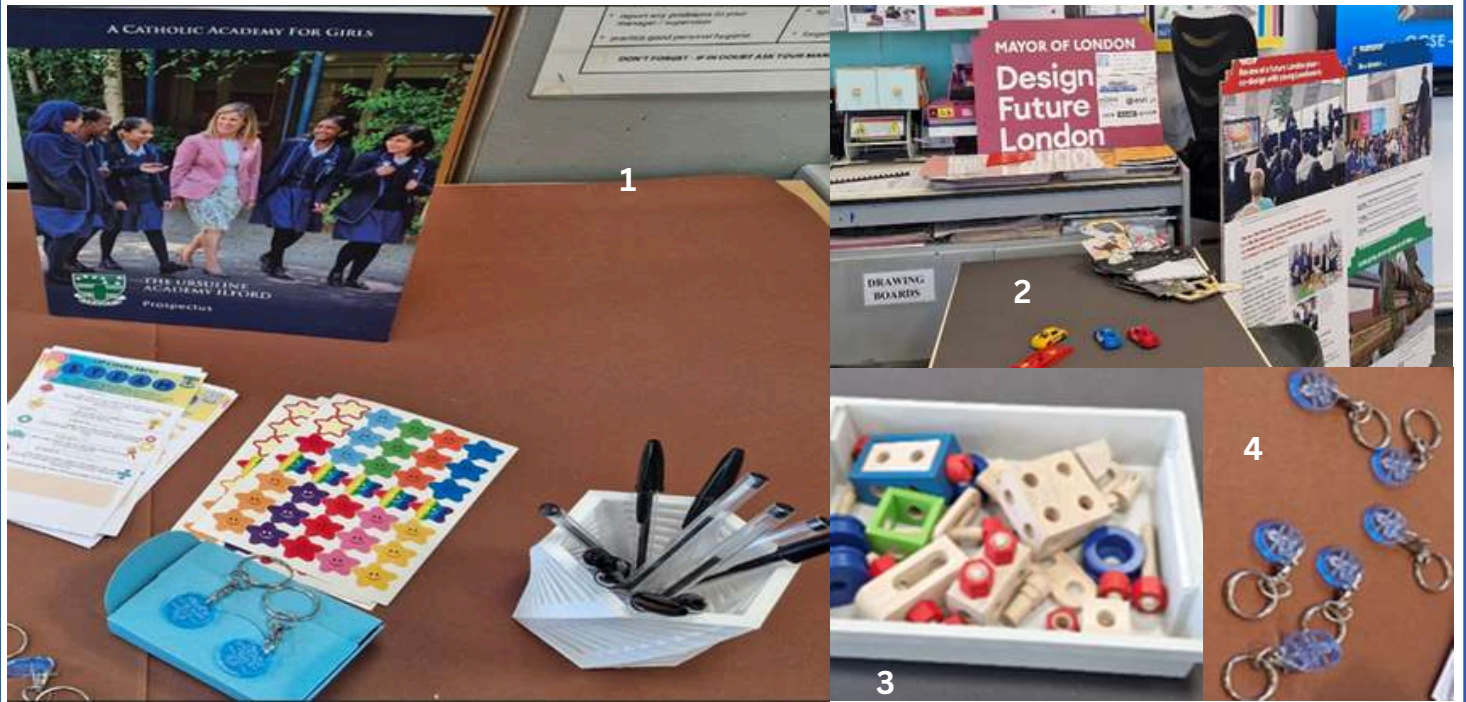
From our student leadership team, the ambassadors and tour guides to students who volunteered for the event in the respective subject rooms, the stage was set to open our school from 5.00pm.

The Design & Technology (DT) department was no different! From The Food Technology room to our main DT workshop, it was simply, SEE, TASTE, EAT, EXPLORE, DT, STEM, REPEAT!



The DT room setup (above)





Activities for our Year 6s (1) and their younger siblings (2 & 3) and special UAI trolley coins (4) above.





PE News

Netball KS4

The turnout for the netball training by the Year 10 and Year 11 students was truly impressive, despite the abysmal weather conditions. Their determination and teamwork were evident, as they navigated the challenging conditions with graceful energy. Overall, it was a memorable event that demonstrated the players' commitment to the game and their progress.

Miss Whates

Annabel Ozougwu 10T

D'Ana Theobalds 10T

Habiba Tijani 10J

Aaliyah Khan 10J

Alina Faisal 10J

Zionee Quansah 10J

Alyssia Baptiste 10J

Malaika Wakoli-Abigaba 10C

Haashini Saraladevi Balaji 10R

Linh Dinh 11T

Annabel Dansoh 11T

Ruth Chandy 11T





PE News continued...

Sports stars of the week:

Key stage three: **Maya Adamczyk** 9C

Key stage four: **Christine Oyekan** 10J

Both students have made an outstanding commitment to our PE extra curricular clubs this term. They also have shown a high level of practical skills and determination. As a department we are very proud of them and hope this keep up the hard work.



Maya

Christine



Ms Keogh, Head of P E



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:

An infographic for the word 'substitute'. It features a central image of a football on a grass field. Text boxes provide definitions and examples: 'Sport: The manager decided to make a substitution because the team was losing.', 'Retail: We don't have that item in stock, but we could offer you this similar item as a substitute.', and 'Food Technology: To make the recipe gluten free, they substituted pasta for rice.' It also includes the word's parts: 'sub-stitute', 'substitute', 'substituted', and 'substituting', along with their Latin roots: 'Latin: sub (under)' and 'Latin: statutare (to set up)'. A box asks 'Who might use this word?' with the answer 'sports coach, nutritionist, retail assistant'. The Adobe Spark logo is in the bottom right corner.

substitute

verb, replace; put in place of another
noun, a replacement

Sport: The manager decided to make a substitution because the team was losing.

Retail: We don't have that item in stock, but we could offer you this similar item as a substitute.

Food Technology: To make the recipe gluten free, they substituted pasta for rice.

sub-stitute

substitute
substituted
substituting

Latin: sub (under)

Latin: statutare (to set up)

Who might use this word? sports coach, nutritionist, retail assistant

Sp Adobe Spark



Ms Cooper, Head of English

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.



London Borough of

Redbridge



Redbridge News

Empower a child. Foster for Redbridge.

You could be the one to guide, listen to, teach, and enrich a child's life, empowering them to become confident and independent young people.

If you have a place in your home and heart to foster a child, please call us on 020 8708 6068 or join us on our next virtual information session to find out more. Visit <https://www.redbridge.gov.uk/fosteringschools> to book a place.

**"When I grow up,
I want to be a superhero!"**

LOCAL COMMUNITY
Fostering
REDBRIDGE

Foster for Redbridge
0208 708 6068
www.redbridge.gov.uk/fostering



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 | 1.10 – 1.40p.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 | 12.40 – 1.10p.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. | F10 | 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