



Ursuline Academy Ilford

Weekly News – 2024/2025 Issue 7
18th October 2024



Upcoming Events

Year 7 Parents' Meeting with Form Tutors

Monday 4 November
4.00 – 5.30p.m.

Year 11 Progress Evening

Monday 25 November
4.00 – 6.30p.m.

Year 12 & 13 Progress Evening

Monday 9 December
4.00 – 7.00p.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 have recently become very interested in the campaign for a smartphone-free childhood, which could greatly improve young people's mental health. See, [Smartphone Free Childhood](#)

The constant use of smartphones can lead to increased screen time, social media pressures, and negative effects on sleep, focus, and self-esteem. Children without smartphones often enjoy better social interactions, reduced anxiety, and more attention to their surroundings.

While I encourage the use of simple "brick" phones instead of smartphones which can help children disconnect, I understand how hard it can be for parents in a world where smartphones dominate. We are committed to supporting families who want to promote healthier tech habits.

To ensure pupils do not use mobile phones in school, we are reviewing our policies. Currently, mobile phones must remain off and in bags. We are also considering extending the confiscation period to better deter phone use during school hours. If you have any questions or thoughts about this, please do get in touch with me!

SERVIAM

Fiona Stone



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Chaplaincy News

Pope Francis@Pontifex – 18 October 2024

The initiative "One million children praying the Rosary for #Peace in the world" takes place today. Thank you to all the boys and girls who are participating! Let us join with them and entrust all people who suffer because of war to the intercession of Our Lady. #RosaryMonth

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

October: Be Shepherds

18th October: One must be careful and prudent.

19th October: Bear with them all equally, for it is not up to you to judge.

20th October: There will be no other sign that you are in the grace of the Lord than that you love one another and are united together.

21st October: Watch over them as most vigilant shepherds and good servants.

22nd October: Act in such a way that they may always follow your example.

23rd October: If you see one timid and inclined to despondency, promise her the blessing of the mercy of God.

24th October: Strive to lead them with love and with a mild and kindly hand, and not imperiously, not harshly, but in everything, willingly be gentle.





Chaplaincy News

As part of our Rosary Month observations this week at Chaplaincy, we had one decade of the rosary each lunch time in the chapel. To shed more light on the relevance of the rosary to our Catholic ethos, Year 7 tutor groups were invited to the chapel for a brief exposition during tutor time.

Students continue to attend rosary sessions for the rest of October and spend time in reflection and to journey with Christ.

In addition, there is a Rosary contest with rewards for students participating fully.

Students are invited to hand in their finished colouring sheets by Tuesday afternoon next week to the Chaplaincy office.

Mary is the Mother of Jesus, and our Mother too. In the Rosary we hold Mary's hand as she leads us to Jesus and helps us to look at His beautiful face.

JOYFUL MYSTERIES	LUMINOUS MYSTERIES
    	    
SORROWFUL MYSTERIES	GLORIOUS MYSTERIES
    	    

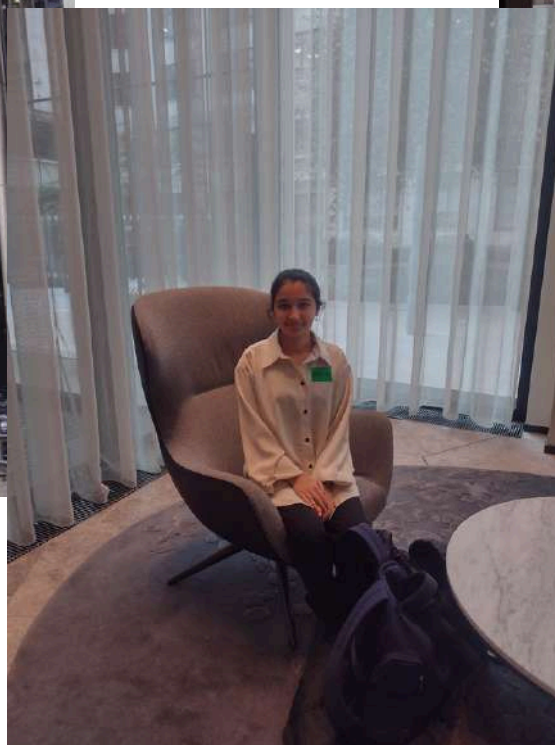


Careers News

Work experience in the City

Areesha recently attended a work experience day at M&G PLC, an opportunity that gave her an invaluable insight into the financial industry. The day was packed with career advice, work-based skills, and networking opportunities, where students from various schools and colleges collaborated. M&G's investment team guided the students through interactive sessions, providing firsthand knowledge of different career pathways in Finance, Fintech, Investment, Coding, and Cyber Security. They also shared tips on applying for M&G's highly ranked Apprenticeship and Graduate Schemes, which made the experience even more enriching.

Reflecting on the day, Areesha shared, "I had this amazing opportunity offered to me. This work experience at M&G helped me gain a clear vision of how employees in the financial industry work together." She left feeling inspired and excited about a future in the financial sector.



Ms Tallat, Careers Coordinator



Careers News Continued...

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

The Browne Jacobson Law Virtual Insight Event

on Tuesday, 29th October from 9:00am - 4:00pm.

This event is packed with unrivalled legal insights, an incredible lineup of speakers, and hands-on career advice from the most prestigious legal figures. Whether you're planning to work in private practice, join an in-house legal team, or carve your path as a barrister, this event covers all bases.

Register now to secure your spot:

<https://www.surveymonkey.com/r/Browne-Jacobson-Law>

Uni Taster Days October Updates

Student events: Discover [approaching 600 events](#) with new listings added every day. Don't miss this month's featured event, the [Sheffield Hallam University open day](#), with travel cost support available! But on the subject of saving money, explore the [event discount platform](#) to find more financial assistance for university visits through universities UK-wide.

Virtual Work Experience

Discover! Ever thought you might like to work in television?

Organisation: Windfall Films, **Age:** 14 - 19

Application deadline: 06/11/2024

Dates: 20/11/2024 - 20/11/2024 [Find out more](#)

Discover! Exciting work Experience for SEND Students

Organisation: Discover! **Age:** 14 - 19

Duration: 3 days **Industry:** Creative Design **Application deadline:** 05/11/2024

Dates: 19/11/2024 - 21/11/2024 **Timings:** 09:30 - 12:30

[Find Out More](#)



Clubs News

Maths Club



SPARX Maths: Revolutionizing Our Approach to Learning in Mathematics

This term, our school proudly introduced SPARX Maths, a new, innovative online learning platform designed to enhance students' mathematical skills. Since its launch, the results have been impressive, with both students and teachers reporting positive feedback about the program's impact. When I checked on Tuesday 15th October, some of the statistics from SPARX from our school include:



These figures show how much that is being done by the girls, but we can do more!

Our latest school "Hand-in" rate is 78%, out of the 2000 schools that use SPARXs, places us in the top 30%. Many of these schools have been using SPARXs for many years, as we get used to working with SPARX we would like the "Hand-in" figure to rise to over 95% this would put us in the top 5% of schools using SPARXs.

How to get Support with homework in Mathematics

Maths club runs every Monday and Tuesday for the whole of the lunch time in room F13. On Wednesday it runs from 1.10pm to 1.40pm.

If you are struggling with any aspect of your homework or would like some additional help, please come along. This is a drop-in club so students can stay as long or as little time as they need, once they have done what they need they can go.

What is SPARX Maths?

SPARX Maths is a cutting-edge, technology-driven system that personalizes learning. It tailors homework assignments based on individual student needs and monitors their progress in real time. Unlike traditional homework, SPARX uses engaging, interactive content that motivates students to practice maths regularly while providing instant feedback to help them improve.

What Makes SPARX Different?

The key difference lies in its adaptive nature. Every student gets a customized learning path based on their strengths and areas for development. This means that students are no longer given a "one-size-fits-all" homework assignment but instead receive tasks that challenge them appropriately. The platform is designed to make sure they fully grasp a concept before moving on to more complex problems. It also encourages independent learning, as students can access helpful video tutorials and hints if they're stuck on a problem.

As we move forward, we encourage all parents and guardians to support their children in using SPARX regularly and to reach out to the maths department if there are any questions about the platform. Together, we can make maths not only easier but more enjoyable for every student!

In conclusion, the introduction of SPARX Maths has proven to be a valuable addition to our school's learning resources. Its personalized approach, student engagement, and ability to provide instant feedback are already making a noticeable difference in our students' learning outcomes, and we look forward to building on this success in the coming months.



Mr Deen, Head of Maths



INTERNATIONAL CULTURE DAY



FRIDAY 25TH OCTOBER

Year 7/8/9 - Performance Period 4

10/11/12/13- Performance Period 5

Location: Main Hall (Please go to normal lessons
and your teacher will bring you up)

**Reminder: Bring £1 To Dress in your cultural clothes!
Hand this to your form tutors!**

African & Caribbean, Islamic & South Asian societies present...

- Culture Day at Ursuline Ilford Academy a vibrant celebration of the diverse cultures and traditions represented within the school community.
- Performances that showcase the rich heritage of students and teachers, including music, dance and traditional clothing fashion show!
- Culture Day aims to promote understanding, unity, and appreciation of different cultures, fostering an inclusive and welcoming environment where diversity is celebrated.
- It's a day for the whole school to come together, learn from one another, and celebrate the beauty of multiculturalism.

£1 for
dressing
up!

At Ursuline we are proud of our culture...Serviam!



Miethursha in Year 13 is our most recent Jack Petchey award winner and a very worthy one at that. Miethursha has been nominated by many teachers and peers for her contribution to the life of the school community and her unwavering kindness does not go unnoticed. She started with us here in Year 12 and has thrown herself into clubs and socials and is the "Spirit of SERIVAM" here at our school.

Well done, Miethursha, we are very proud of you!



Sports Star of the Week

Hello, I am **Shraddha Pidaparathi**. I went to the IWKA (Isshinryu World Karate Championships) which took place on the 3rd of August in Pittsburgh, Pennsylvania, United States of America. I've been training in the Isshinryu style of karate for almost 3 years, so this opportunity was a great chance for me to express my skills on a global scale. I trained for about 3-4 months in preparation for it and it proved to be more than fruitful as I won a gold in both sparring as well as empty hand forms and a silver in weapons forms.

The training was exhausting as I injured my knee in the process and almost caused a ligament tear. I even met one of the most significant figures in the style, Michael Calandra, who's been an indirect role model for me while I was working hard in the US. I had three events to participate in: sparring or Kumite, empty hand forms or Kata and forms with weapons or Kobudo. Out of the three events, sparring was the hardest to prepare for as I would have to apply different tactics spontaneously.



Well done Shraddha, we are very proud of you!

Ms Keogh, Subject Lead, PE



Uniform Letter

We replicate below a letter that was emailed to all parents last week...

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



14th October 2024

Dear Parents and Carers,

At the Ursuline Academy, we take immense pride in our school uniform, which reflects the unique identity of our community. Every student should wear the SERVIAM house badge with pride, embodying the values of our school both inside and outside the classroom. Our uniform is more than just attire—it is a powerful symbol of unity, and we expect our students to always represent the school with dignity and respect, including on their journeys to and from school. The vast majority of our students wear their uniforms meticulously, and we are incredibly proud of how they foster the strong sense of belonging that defines the Ursuline Academy.

If a student wears something that is not part of the uniform, they will be asked to remove or change the item. If they are unwilling or unable to do so, they will be issued with a demerit. Please be assured that we have a stock of newly purchased spare items if any student needs to borrow them. If your daughter has lost her SERVIAM house badge she must purchase a new one from the finance office.

Below is a reminder of the essential pieces of our school uniform:

School blazer with SERVIAM badge pinned to the lapel

White shirt or 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 in 'natural' colours only

Optional:

Two plain studs in each earlobe

A small religious symbol on a thin, plain chain

A watch

Winter scarves must be plain blue or black

The following items must not be worn:

Additional jewellery; necklaces, bracelets, bangles or facial piercings

Nail polish, nail extensions, or make-up

False eyelashes or eyelash extensions

'Hoodies' or leggings

Socks over tights

Hair accessories in colours other than black, blue, or clear

Sweaters must be worn correctly, not tied at the back



success in learning for all

Company No: 07737159

Your support in reinforcing these expectations at home, especially as your daughter leaves for her journey to school, will help ensure that all students uphold the high standards we set for them. By working together, we can continue to foster pride and unity in our school community. I am very grateful to our parental community at UAI for all your support for the work we do here for your daughters.

Warm regards,



Fiona Stone
Headteacher

SCHOOL UNIFORM





Word of the Week!

UAI Word of the Week

There has been a great response to the reintroduction of the UAI Word of the Week so far from students and we hope to see even more students getting involved going forwards! Remember that each week your form tutor will introduce the new Word of the Week to you and then your job is to try to use this new vocabulary within lessons, both orally and in your written work, to gain merits from your teachers while expanding your own vocabulary.

Keep up the good work!

This week's 'Word of the Week' is:

convince
- verb: to persuade, assure, prove, overcome in an argument

History: Harold convinced the lords to support him.
English: The writer convinces us of Mr Birling's guilt.
Maths: Convince me that this shape is a square.

con-vince

convinces
convinced
convincing

Latin: con (with) Latin: vincere (victory)

Who might use this word? barrister, retail assistant, police officer

Sp Adobe Spark



Ms Cooper, Head of English

London Borough of

Redbridge



Redbridge News

Dear Redbridge Schools,

We are trying to raise awareness about our ncf | cache School Support courses, to parents and carers in your area. There is a huge push from the government to get people back into work and we have full funding for from the ESFA (Education Skills Funding Agency) in your area.

We understand that it can be difficult for most parents and carers to further their education, which puts them in a better position for a job role that fits in with their families. Our online webinars are run with full tutor support, within term times only and within school hours, making the courses more accessible to learners who have children.

**STUDY
SMART**
Free Online Courses



ncfe. | cache



Education & Skills
Funding Agency

**Fully Funded
School
Support
Course**

**Available
in Levels
1, 2 & 3**

*Please go to our website
for more detailed
information.

**6 Week
Course**

Mon - Fri

Daily sessions

1st session 9:30 - 11:30am

2nd session 12:30 - 2pm

www.studysmartuk.online

Please go to: www.studysmartuk.online for more information.

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	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
	I T 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
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	African Caribbean Society: SAK/DOK	12.40 – 1.10p.m.	F7	All Years
	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
	French Ambassadors Club: LGR	12.40 – 1.10p.m.	G6	Years 8/9
	Gardening Club: DEA	12.40 – 1.10p.m.	Chapel	Years 7/8
	I T 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