



Ursuline Academy Ilford

Weekly News – 2024/2025 Issue 8
25th 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,

As we reach the end of this half term, I want to extend my thanks to you and to your daughters for their hard work, resilience, and kindness over these past 8 weeks. It's been a term of growth, dedication, and so many achievements. It has been a long one so we are all ready for a good rest!

Today's Culture Day was a true highlight, showcasing the diversity, inclusivity, and vibrant spirit that make Ursuline Academy such a unique community. Watching our students celebrate and share their backgrounds brought the virtue, *United In Harmony*, to life in such a meaningful way. It's been inspiring to see how they support each other and contribute to our community every day. I am so proud and grateful for all the staff who worked with the girls to make today's performances truly remarkable.

As we head into the break, please remind your daughters to rest, stay safe, and recharge. We look forward to welcoming everyone back refreshed and ready for the new half term.

SERVIAM
Fiona Stone



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Chaplaincy News

Pope Francis@Pontifex – 23 October 2024

Let us ask for the strength of the Holy Spirit for all families, so that He may rekindle in them the joy of being together and the desire to share with one another.

[#General Audience](#)

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

October: Be Shepherds

25th October: Be careful and vigilant!

26th October: Be very careful never to complain.

27th October: Don't stay angry.

28th October: If Jesus Christ directs and teaches you, you will be well taught.

29th October: Persevere faithfully and joyfully in the work you have begun.

30th October: Keep to the ancient way. And live a new life.

31st October: Do not cease to prune this vine which has been entrusted to you.





Chaplaincy News

As Rosary month draws to a close, we would like to thank all students who took part, from various walks of life. We pray, together with Mother Mary, that Our Lord will continue to guide each one to be a light to the generations with courage and resilience!



Gladys Adomako, Chaplain



Art News

Art Trip to The National Gallery

This Wednesday our Year 10 art students visited The National Gallery to see the Van Gogh Poets and Lovers exhibition. They had the incredible opportunity of seeing Van Gogh's "Starry Night" painting as well as many of his other masterpieces. The students went around the exhibition admiring and reading about Van Gogh's work. They also took many photos to help them with research and inspiration for their GCSE coursework.

After leaving the Van Gogh exhibition, the girls explored the rest of the gallery, studying paintings and sketches from different time periods and having discussions about the meaning behind each art piece and what they like about them. Being surrounded by inspiration, the students started doing live sketches of the paintings as well as the architecture of the gallery.

"Seeing Van Gogh's art in real life is a completely different experience to seeing it on a screen."

"Van Gogh's 'Olive Trees' is my favourite painting from the exhibition!"

It was an incredibly insightful trip, all the girls left the gallery with new knowledge, research and ideas.

A big thank you to **Ms. Kayode** and **Ms. Khondoker** for helping us out on the trip.
Mr Butler, Head of Art



"Visiting the gallery was a meaningful experience, it was fascinating to see and read about the works of so many artists."

"I enjoyed the trip; it has helped me gain inspiration for my own art."





Black History Season News

BLM Events

On Friday 18th November Year 7 students were invited to complete a scavenger hunt around the school on the theme of Black History. Students were given a list of questions, the answers to which could only be found on displays around the school, and were given permission to be inside at breaktime to answer them. The students were very enthusiastic and threw themselves into the challenge. The top three teams are below:

1st place: **Nabeela, Saliha** and **Alisha** (7R)

2nd place: **Anaya** and **Ammaarah** (7T)

3rd place: **Fasina, Leeya-Anna, Violet, Hemanya, Sumayyah** and **Therese** (7C)

Second and third place have won five and 3 merits each respectively, as well as house points.

Well done!



Ms Mackie, Subject Lead History

Ukulele Club

Our final Ukulele lesson of the half term is complete and as always it is an absolute pleasure playing some of our favourite songs together every Wednesday at breaktime. These students are so dedicated and have been very resilient as always as we tackle new chords - it can be incredibly tricky! We are looking forward to next half term already! Well done to all!



Science Club

Static Electricity!

Static electricity is an imbalance of electric charges within or on the surface of a material or between materials. The charge remains until it is able to move away by means of an electric current or electrical discharge.

This week we saw this principle using a Van der graaf generator where the girls felt first hand the build up of the static charge.

We even formed a chain of students standing in plastic trays to act as insulators and watched the charge travel through each one to the next until finally discharged to the person on the end. They all felt the shock as it passed on and eventually down to the ground.

Last week we managed to make **lip balm** using some everyday ingredients that can be found at home including food colouring and various flavours, and even got to take them home in little pots. Pictures for that are also below...

Mr Uddin and Ms Agudelo





Culture Day

Today we celebrated Culture Day, this was a fantastic and vibrant celebration that showcased the rich diversity of our Ursuline school community.

As we look around our Ursuline school every individual here including us teachers represents a world of heritage, values, and experiences that make our society richer, more colourful, and more inspiring. We wanted the theme of the event to be unity through diversity. In our world we often focus on what sets us apart but today we celebrated what brings us together. By understanding and respecting each other's cultures we build bridges of connection that make us stronger.

Girls from the African Caribbean Society, Islamic Society, and South Asian Society came together as one team to share their heritage through cultural dance performances, captivating presentations, heartfelt poems, Nasheed, songs, and traditional music. The audience was immersed in a colourful display of talent with each performance offering a glimpse into the unique traditions and stories of these cultures. This event linked in with our student's heritage & culture, black history month, Islamic unity, and Diwali.

Our aim for this event was for us all to open our hearts and minds to all that is shared today and leave with a deeper appreciation and respect for the cultures that make up our Ursuline school and staff community.

We would also like to thank all the children who participated in the event and those who gave £1 to dress up in their wonderful cultural attire. We have decided to donate the funds raised to a number of charities.

A huge heartfelt thank you to all the incredible teachers, who have worked tirelessly in their own time to lead the events and all the society teams for their relentless efforts in organising and supporting this memorable event for the girls at Ursuline. Also, to Ms Stone for the encouragement to build strong connections within our societies and Ursuline school.

All the hard work ensured the day was a great success, bringing our community together in celebration of unity and cultural appreciation.

We hope the girls can cherish this day and continue to be proud of who they are and where they come from!

#Serviam

Ms. Akinsoji, Mrs. Ahmed, Mr. Okyere, Mr. Vijay & all society teams



Culture Day Pictures....



*For me, culture day means celebrating our schools' diverse cultures; celebrating all of us and bringing us together in harmony. **Suhani B***

*For me, culture day means expressing myself, my culture and identity. I love how we all do it together, in unity, collectively and ONE BIG Ursuline community. **Aleeza S***



Culture Day Pictures...





Culture Day Pictures...



Last week our Jack Petchey winners of 2023-2024 attended the Jack Petchey award ceremony at Redbridge Town Hall where they received their Jack Petchey medals in the presence of family and friends. The students looked very smart as they represented our school in their school uniform and really enjoyed the evening which was full of singing and dancing!

Year 10 student Charis, a Jack Petchey award winner in 2022, was one of the interval acts this year and sang a lovely version of "Burn" from the musical Hamilton which was a great surprise! Well done Charis!

All of our winners have shown great courage and resilience over the past academic year, and they continue to live out the Catholic Social Teaching principles in their own way to ensure that all people are treated fairly and with dignity and respect.
SERVIAM!

Students:

Milly Jones

Amelia Ali

Naga Karthik

Lilly Patel

Benita Bannor

Vira Hibliak

Chidera Ntochukwu

Aishwarya Kumar



Amina Syeda in 10C is our latest Jack Petchey winner. Amina has shown great resilience in recent weeks and arrives to school every day with a smile and continues to work very hard! Well done Amina, you really do deserve this award and are an inspiration to us all.





El Dia de Los Muertos



El Dia de Los Muertos (Day of the Dead) is a colourful, vibrant Mexican celebration that honours deceased loved ones. The roots of the Day of the Dead are said to come from the Aztec ancient civilisation and is celebrated early November in contemporary Mexico and among those of Mexican heritage in the United States and around the world.

Our Languages Department and its Ambassadors have organised fun activities every Friday in November. Watch this space! ¡Adíos!





PE News



Congratulations on achieving equal access to football for girls in your school. Keep up the good work!

The Ursuline Academy

*Charlotte Marsh
FA Strategic Lead*



Sports Leader Event

The girls showed incredible teamwork and leadership at the Sports Leaders event for football. Their energy, dedication, and skill on the field were outstanding, proving they can excel both as players and role models. It was great to see them stepping up and inspiring the primary school children with growing their passion and confidence and skills for sport. Their hard work and energy set a great example for future leaders. Well done girls!

- Participants were:
- Angel Bamgbopa 9J**
 - Skyrah Kurien 9J**
 - Amber Verdant 9R**
 - Fola Oludoyi 9R**
 - Victoria Oyekan 9R**
 - Laiba Mannan 10C**
 - Alina Faisal 10J**
 - Christine Oyekan 10J**
 - Habiba Tijani 10J**
 - Angelina Gerald 10R**
 - Ariana Zaman 10R**



Ms Whates, Teacher of PE



Year 8 Science Spotlight: Trees and Respiration

As part of their learning on organisms, Year 8 students have been exploring the crucial role trees play in the process of respiration. One particularly enthusiastic student, **Christabel Ameyaw from 8R**, went above and beyond by dressing up as a tree during her presentation, creatively illustrating the connection between trees and respiration.

A big well done to Christabel for her creativity and enthusiasm in bringing science to life for her classmates!



Respiratory system

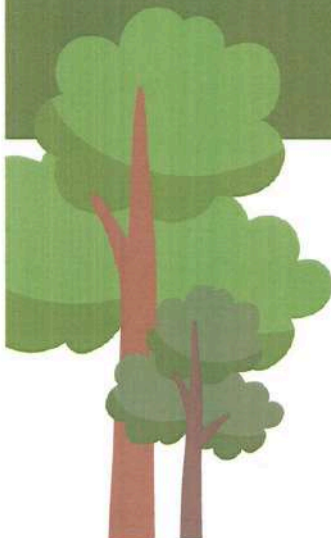


Trees play a vital role in supporting the respiratory system, both for humans and the environment.

Through a process called photosynthesis, they absorb carbon dioxide—a waste product of our respiration—while releasing oxygen, which we need to breathe.

This natural exchange helps maintain the balance of gases in the atmosphere, ensuring a steady supply of fresh oxygen, which is essential for our survival. Additionally, trees improve air quality by filtering pollutants and providing shade, creating healthier communities for all to thrive.

Trees act as natural air filters, absorbing pollutants and producing oxygen. In their absence, increased levels of carbon dioxide and other harmful substances could exacerbate conditions like asthma, bronchitis, and other lung diseases. Additionally, without the oxygen that trees provide, individuals may experience difficulty breathing and a decline in overall lung health. We can even possibly die without trees!



Engaging in physical activity can help promote lung health and create a fit, balanced life style. its safe to be educated about the awareness of diseases .as we can be more prepared and educated when taking steps towards prevention of certain diseases.



-Christabel Ameyaw | : 8R

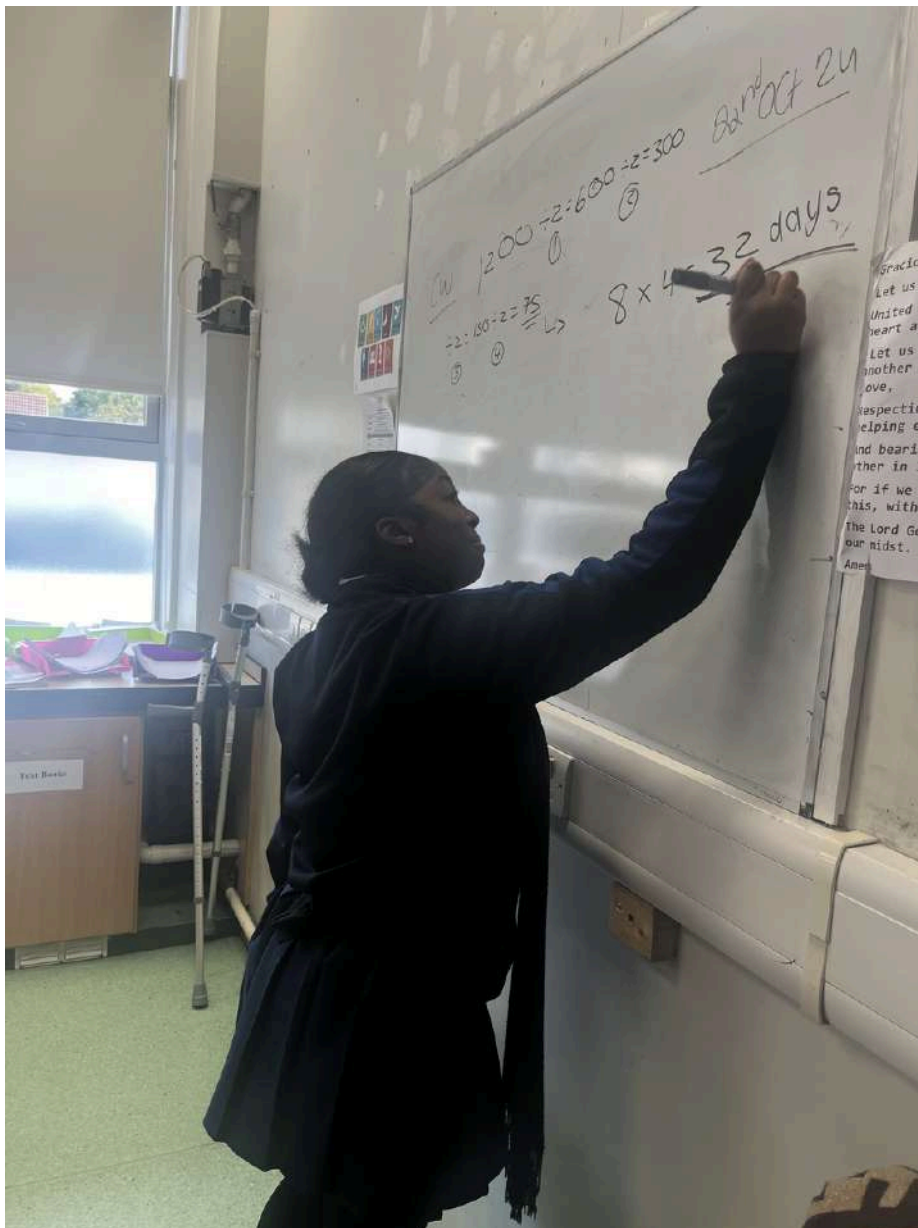


Science News Continued...

Young Physicist Shines: Danika's Success in Radioactivity Calculations

In our recent topic on radioactivity, Year 9 students tackled some mind-boggling half-life calculations. **Danika Achigasim in 11T** took on the challenge with determination and perseverance. She didn't give up, working through the complex problems and cracking them with great success!

Not only did Danika master the calculations, but she also demonstrated our core values of Courageous and Resilience throughout the process. To cap it off, she confidently presented her findings to the class, inspiring her peers with her hard work and dedication. A huge well done to Danika for her impressive problem-solving skills and for embodying the values we hold dear. We are incredibly proud of our young physicist!



Ms Khan, Science Teacher & Head of Year 9



Year 9 News

Our Year 9 Racing Star!

It gives me great pleasure to introduce one of our incredibly talented Year 9 students who has made a huge impact in the world of racing. Last week, **Sophia Latona in 9J** competed in an Elite session, racing against 17 adults in a highly technical competition, and achieved her fastest lap time yet of 37.6 seconds.

But the excitement didn't stop there! On Sunday, she took part in a Grand Prix following the British Indoor Karting Championship (BIKC) format. Not only was she the youngest racer and the only girl, but she also shattered her previous record with an impressive 36.9-second lap, finishing 2nd overall!

Her passion and dedication to the sport are truly inspiring, and this racing journey has already brought her incredible success. We are all incredibly proud of her, and I have no doubt there are many more amazing achievements to come! Well done Sophia!!!!





Year 9 News Continued...

Year 9 Assembly: Celebrating Courage, Resilience, and Poetry!

In celebration of National Poetry Week and Poetry Season in October, our Year 9 students took to the stage to reflect on two of the core Ursuline values: Courage and Resilience. During a special Year 9 assembly, students delivered heartfelt poems, showcasing their creativity while highlighting the importance of these values in everyday life. Here are a few standout pieces from the assembly together with my contribution!

In the heart where shadows dwell,
A spark ignites, a tale to tell.
With trembling hands and weary sighs,
Courage rises, refusing to die.

Through storms that howl and winds that
bite,
It stands, a beacon, fierce and bright.
With every fall, it learns to soar,
Resilience woven in its core.

Each scar a story, every bruise a song,
A testament to where we belong.
For in the struggle, strength is found,
In whispered hopes that know no bound.

So, face the dawn with fearless grace,
Embrace the trials, the endless chase.
For courage blooms in the darkest night,
A flame undying, a guiding light.

Ifra Mirzas, 9C

From me to You!

In trials, stand tall and strong,
With courage, you can't go wrong.
When the path is tough and long,
Resilience will guide you along.
Through storms, don't lose your way,
For night is followed by day.
With each challenge, you learn,
In adversity, your spirit will burn.
So, rise above, with courage as your guide,
Let resilience be your strength inside.

Ms Khan

Ms Khan, Head of Year 9

In the quiet of morning, when the world's
still asleep,
Courage whispers softly, urging us to
leap.
It's in the small moments, the choices we
make,
In the face of the mundane, it's our
hearts that awake.

Resilience is the heartbeat, the rhythm of
our days,
It's the strength in our laughter, the light
in our gaze.
When life throws its punches, and the
shadows loom large,
We gather our courage, we take up the
charge.

From the struggle of students, to the
grind of the nine-to-five,
Each step that we take, it's what keeps us
alive.

In the face of rejection, in the depths of
despair,
We rise like the sun, we breathe in the air.

So here's to the brave, who face the
routine,
Finding power in patience, in the spaces
between.

With courage as our compass, and
resilience our guide,
We'll navigate life, with our hearts open
wide.

Nyah Opokuware 9R.



Careers News



UNIVERSITY OF
CAMBRIDGE

Pathway to Cambridge University

The Ursuline Academy Ilford has a strong track record of guiding students towards top universities, including prestigious Russell Group institutions such as Cambridge. This year, we continue encouraging our students to explore these pathways, starting with a Cambridge University open day. **Lily Power**, a Year 12 student, took full advantage of this opportunity to explore her future options at Cambridge. Below is her personal account of the day. We are incredibly proud of our students' proactive approach in shaping their futures careers.



I was invited to attend the open day for Fitzwilliam College, at the University of Cambridge. The University of Cambridge has 31 colleges, 28 of which are available for undergraduate students. Fitzwilliam college was one of many, located on the outskirts of Cambridge city centre.

The day started with a tour of the grounds, this college is one of the modern colleges Cambridge has to offer. The students had their own garden patch, where they were growing a variety of fruits and vegetables, like peppers and pumpkins. And tucked away on the right side of the campus, was the house of Charles Darwins widow, still in its original condition.

The tour was followed by a student Q&A. There was a panel of 2 Land Economists, a Medic, a Vet, a Language Student and an English Literature student. Despite their different degrees, they were able to give us an insight to what it would be like to study at the University Cambridge, educating us on not only the academic excellence of the students but the social aspects: the collegiate sports competitions, library's and the night life.

The day was concluded by a 'Big Questions workshop', which was meant to resemble the style of teaching at Cambridge which is known as a 'supervision'. We were put into groups of 3 and had to discuss a 'Big Question', finding alternative approaches to answer the question and then coming to a conclusion. The question was 'Can we choose to be healthy?', and there were many different opinions in the room. After finalising our argument we had to present it the group, which was an exciting experience.



Overall it was a fantastic day and I loved Cambridge University and I cannot wait to apply!



Careers News

Please note, below is just a snapshot of the opportunities and information posted on Satchel this week. For full details and links please check Satchel

Waltham Forest College Open Event

Wed 30 Oct, 4pm – 7pm

9am -4pm during Half Term Browne Jacobson's FAIR Virtual Insights Day
29 October 2024 – Online

Dive into a diverse range of topics with our expert speakers, including:

- **Barristers' Chambers Insights:** Get a behind-the-scenes look at life in the chambers and what it takes to succeed.
- **Solicitor Apprenticeships:** Explore alternative routes into the profession and how an apprenticeship could be your key to success.
- **Working In-House with Mace:** Discover the exciting world of in-house legal work within a leading construction firm.
- **Keynote from Baroness Hale of Richmond (Lady Hale):** Be inspired by the wisdom and experiences of the former President of the Supreme Court, a trailblazer and champion for justice.

[Sign up here.](#)

Virtual work experience

Organisation: Create Central
Age: 14 – 19, **Duration:** 3 days,
Industry: Arts
Application deadline: 05/11/2024
Dates: 19/11/2024 - 21/11/2024,
Timings: 09:30 - 15:00

Organisation: Windfall Films
Age: 14 – 19, **Application deadline:**
06/11/2024
Dates: 20/11/2024 - 20/11/2024,
Timings: 10:00 - 12:30
Type: Virtual insight day

Organisation: Hawkins Brown - **Architects,**
Age: 16 – 19, **Duration:** 1 day, **Industry:** Architecture
Application deadline: 31/10/2024
Dates: 28/11/2024 - 28/11/2024, **Timings:** 10:00 - 16:00
Type: In-person work experience, 4pm – 7pm



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:

conclude

- verb: to finish, terminate, determine, achieve, complete

Science: From these results we can conclude that the higher the temperature, the faster the reaction.

English: In conclusion, the power and conflict poetry demonstrate the destructive nature of humanity.

Geography: They concluded that the flood defences were inadequate.

con-clude

concludes
concluded
conclusion

Latin: con (with or completely) Latin: claudere (to shut)

Who might use this word? journalist, film editor, legislator

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				
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

10 Top Tips for Parents and Educators SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provision.



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