



Ursuline Academy Ilford

Weekly News – 2024/2025 Issue 9
8th November 2024



Upcoming Events

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,

This half term we are focusing on being discerning & Joyful here at the Academy. It did indeed bring me great joy to welcome all your daughters back to school from the half term break.

I recently shared my thoughts on the importance of a smartphone-free childhood and its impact on wellbeing and mental health. I encourage you to read Mrs Ahmed's article below about the recent Year 8 project, where our inspiring students explored and developed thoughtful ways to reduce the impact of smartphones on our wellbeing. This would be a meaningful read to share with your daughters.

Thank you to Mrs Adamako, our Chaplain who has been working with the chaplaincy reps this week to prepare for remembrance day. On Monday 11th November we will hold a 2min silence at 11.05am. We also have the memorial books for everyone to share the names of loved ones they have lost as we continue through this month. November is the month in the liturgical year where we pray for the souls of those who have gone before us.

SERVIAM
Fiona Stone



Lest We Forget



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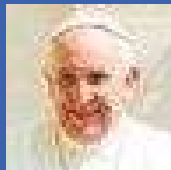
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Chaplaincy News

Pope Francis@Pontifex – 7th November 2024

We cannot become [#Saints](#) with a frown. We must have joyful hearts that remain open to hope.

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

November: Community

8th November: Rejoice together.

9th November: God has so ordained from all eternity that those who are united in doing good enjoy every prosperity.

10th November: Strive, each one for her part, to be faithful and devoted.

11th November: Act in such a way that they may always follow your example.

12th November: Consider that we live in the midst of snares and dangers.

13th November: Learn from Our Lord who, while he was in this world, was a servant.

14th November: Let interaction with one's neighbour be prudent.





Chaplaincy News

At the start of this year's remembrance month (November), the chaplaincy team have put out three Remembrance books inviting all at UAI to pen down their memory of loved ones who have died. We will be asking our school priest to bless the books during Thursday Mass.

In addition to the 2-minute silence at 11am on the 11th of November, there will be peace prayers and a remembrance table outside in the playground and in the chapel.



Last month's Rosary

Congratulations to the following winners of the Rosary colouring contest and also to those who took leading roles in praying the Rosary last month:

Holly 12.1, Syra 12.1, Annabel 10T, Nancy 8T, Arrohana, Daneen, Isha Ann, Ammarah, Elikem and Shrita of 7T; Alisha, Lamar, Mivsah, Aleeyah and Nabeela of 7R; Adiba 7C and Zahra 7J

Film Club

Chaplaincy film club is to be led by **Holly Moffat** and **Syra Khan** on Mondays and Fridays in the chapel. Age- appropriate films are chosen to remind students of our Ursuline values.

AED Discussion Group

A small team of students have started a prayer and discussion club in the chapel and will be hosting discussions on Mondays and Fridays at lunchtime over popcorn and nut-free sweets.

Members of the chaplaincy team have cheerfully stepped up to various roles in the forthcoming weeks and we witness these wonderful students steadily rising up to the challenge of leadership. We are proud of them and will highlight their achievements and commitment in subsequent weeks

Gladys Adomako, Chaplain



Ursuline Student Profile

The virtue of being discerning and joyful.

We begin this week to better understanding our Ursuline virtues, ourselves and God's call for us as we deepen our knowledge of discerning and living joyfully. Over the next few weeks RE lessons will develop students understanding of these virtues and throughout the school they will be our focus.

In its simplest definition, discernment is nothing more than the ability to decide between the truth and error, right from wrong. Discernment is the process of making careful distinctions in our thinking of the truth.

1st Thessalonians 5:21 teaches us that it is the responsibility of every Christian to be discerning "examine everything carefully; hold fast to that which is good... abstain from every form of evil".

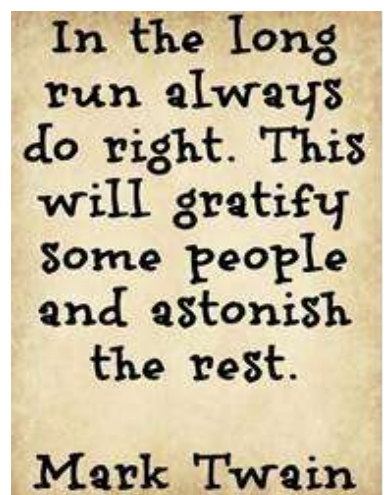
God's word is at the forefront of our life and understanding as Christians. However, we sometimes stumble in our decision making and behaviour. As humans, we have a tendency to sin and sin is what breaks our relationship with God and others. We are all born with a conscience and for Christians, we believe it is God's voice in our heads directing us towards good. A moral compass with our understanding of good and evil. When we make the wrong decision, we repent in search of truth. If we pay attention to the plan that God has for each one of us, our journey through life will reveal who we truly are and that is what brings us joy.

When we participate in the sacrament of Confirmation, we receive the gifts and fruits of the Holy Spirit. Joy is one of the fruits of the spirit and we are reminded to be joyful throughout the scriptures. As humans, we know that joy is often temporary and short-lived. We will face both good and bad days, struggle with hardships alongside the happy and ecstatic experiences- this is life. In the Psalms we are reminded "weeping may endure for a night, but joy comes in the morning" (Psalms 30:5). Each and every new dawn brings with it new hope. A chance to make the most of every minute and make a difference.

Doing God's will, increases our joy. When we share our gifts and talents with others, from offering advice to a family member or friend to giving up your time for a stranger, joy fills our hearts and we are happy. Doing good deeds for others make us happy and feel total contentment.

Soon we will enter the great time of expectant waiting in the Church's calendar, Advent. Our joy is that the Word was made flesh and dwelt amongst us. Let us really discern in the silence of our prayers what God is asking each one of us today.

Mr F McGhee Associate Assistant Head and Head of Religious Education.

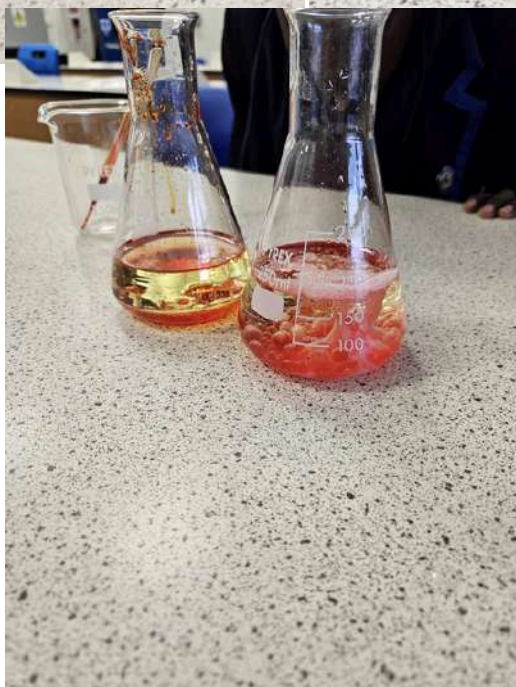


Science Club

This week in Science Club we were trying to brighten our moods using Lava lamps. The two liquids used were oil and water which are close in density but insoluble with each other meaning that they won't mix. Even though they are close in density the small difference between them allows them to move around. When held in your hand or placed under a bulb it warms the denser of the two liquids and as it heats up it expands and floats to the top. On the top the liquid cools down and falls again. This rise and fall is what we see in the bubbles giving us the unique sight we have.

We made this even faster by adding some Alka zelter tablets which introduced a lot of bubbles to show us the lava lamp working even faster.

Mr Uddin and Ms Agudelo





Cultural Day Continued...

Our lovely Bristy (Yr9) performed a dance for some of the teachers and her friends. Well done, Bristy we are so proud of you!

We would like to thank parents and students for their contributions towards dressing up in cultural attire. We've linked the Discerning and Joyful leaf petal from our school tree by connecting raised funds to charities, ensuring a meaningful impact.

Our joyful event brought the school community together in a positive spirit, making giving both purposeful and uplifting.

Huge thanks to all the girls who performed in the show & the Teachers who supported the event!



Islamic Society, African Caribbean and South Asian Society Teams and Staff



Exploring the Impact of Phones and Social Media on Health and well-being.

During the half term break some of the KS3 computer science classes embarked on an important project focused on understanding the impacts of phones and social media on our health and wellbeing. At Ursuline we have high expectations and follow a no phones policy - if brought to school, phones must be switched off and kept in the bottom of a school bag. With a fantastic 100% homework submission for all classes who took part students recognised how technology is playing such a big role in their lives and learnt to limit their interactions especially regarding their mental and emotional health.

The task aimed to help students think critically about their own screen time. Together, we explored strategies for using phones in safer, more intentional ways. We discussed setting boundaries, such as limiting screen time and choosing apps that foster connection rather than distraction. We also looked at using technology meaningfully, finding ways to connect with family, support their communities and prioritise wellbeing. To encourage healthier habits, we discussed the importance of balancing online and offline activities. The students explored ways to enrich their lives outside of screens by spending quality time with loved ones, reading books, HW, revision, house chores, trying out new cooking recipes, community work and participating in extracurricular activities that support their growth and interests. One of our girls chose to join Air Cadets and give up her phone! In class, students shared their experiences, discussing challenges they face with managing phone use and social media. Many found the discussion helpful and insightful, gaining practical ideas for making positive changes in their daily lives. This experience has been an eye opener, showing that technology can be a powerful tool for learning and connection when used thoughtfully and responsibly.



We came up with some top tips:

Set Screen Time Limits - Try to keep daily screen time balanced. Many phones have settings that allow you to track and limit your time on apps.

Create "Phone-Free" Times - designated times, like meals or the hour before bed, to put phones away. This can improve sleep, reduce stress, and encourage family interactions.

Balance Online and Offline Activities - Make time for offline hobbies like reading, sports, cooking, or music so you're not solely focused on online life.

Prioritise Real-Life Relationships - While online interactions can be fun, nothing beats spending time with friends and family in person

Digital Footprints - Remember that everything you post can stay online for a long time. Think twice before sharing something publicly and understand privacy settings.

Learn to Manage Notifications - Turning off non-essential notifications can help reduce distractions and make it easier to focus on studies or activities.

Take Breaks - If you find yourself feeling anxious or stressed from social media, take a break. Sometimes a short break is enough to feel refreshed and more focused.

Social Media - check age restrictions.

Be Respectful and Kind - Always be mindful of how you communicate with others. Avoid posting negative or hurtful comments, be supportive when you see others in need.

Engage in Community Service - Helping others, even in small ways, can shift the focus from phones and social media and build positive connections in the real world.

Seek Support if Needed - If you feel overwhelmed, talk to a friend, parent, or teacher about it. You're not alone, others can offer helpful advice or just listen.



Mrs Ahmed (Computer Science Teacher)



History News

This week Year 7 History classes have been re-enacting the Battle of Hastings to consolidate what they have been learning about the Norman Conquest. Students took on the roles of Harold Godwineson, Norman archers, foot soldiers and cavalry, and the English soldiers. Guided by their teacher they then re-enacted the events of the battle (with no contact!) and then reflected on the reasons that led to William of Normandy's victory.

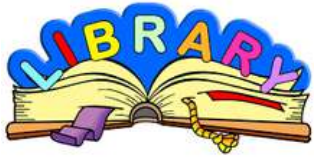
Pictured:

Harold Godwineson (**Anaya Mohammed, 7T**) lies slain, the result of an arrow to the eye from a Norman archer while his horrified soldiers look on.

Harold Godwineson (now played by **Teeyasia Carby, 7T**) and his English soldiers line up on the top of a hill, in their defensive 'shield wall' formation that was almost impossible for the Normans to break.

The Norman army (7T), foot soldiers in the front, archers behind and cavalry to the rear, lined up in formation and ready for battle.





Library News



Recommended reads available in the School Library...



Ms Finlay, Librarian



MFL News

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.

Friday 8th & 15th: Cookie Decoration Workshops at 12:45 pm in F12: £1.50
(You will be given a cookie to decorate, a pouch and a ribbon)



Friday 22nd & 29th: Screening of Coco at 12:45 pm in G6: £1.00
(This price includes film screening, popcorn and a sweet bag)

See Ms Grassi or the Language Ambassadors for tickets. Limited space so first come first served!

Ms Grassi, Subject Lead MFL



UAI DAY OF THE DEAD NOVEMBER CELEBRATIONS

ORGANIZED BY THE LANGUAGE AMBASSADORS GROUP

COOKIE DECORATION CLASS- FRIDAY 8TH/15TH NOVEMBER IN F12. THE TICKETS ARE £ 1.50 (YOU WILL BE GIVEN A COOKIE TO DECORATE AND TAKE HOME.)

SCREENING OF COCO- FRIDAY 22ND/29TH NOVEMBER IN G6. THE TICKETS ARE £ 1 (INCLUDES FILM SCREENING, POPCORN AND SWEET BAGS)

SEE AMBASSADORS OR MS GRASSI FOR TICKETS. LIMITED PLACES. FIRST COME FIRST SERVE!



film screening
The Day of the Dead

Screening of Coco- Fridays 22nd and 29th in G6: Tickets are £1 (Includes Film screening, popcorn and sweet bag)

See Ambassadors or Ms Grassi for tickets. Limited places. First come first serve!





Rotary Club Young Citizen of the Year 2024



Over the half term holidays, I was thrilled to support our former student, **Nahian Joyeta** as she received the prestigious Rotary Young Citizen of the UK & Ireland 2024 award at a dinner hosted by the Rotary Club of Ilford and Barkingside. She was honoured for her remarkable work as a youth ambassador in Redbridge and her STEM journey while studying here at UAI, where she exemplified SERVIAM values and excelled academically despite personal challenges. It was inspiring to see her recognized for her dedication to her community and her ability to lead by example. We wish her every success now and in the future. Once an Ursuline, Always an Ursuline!

Below are some pictures from the evening and write-up by Nahian.

Many Congratulations!

Antoinette Kodi-Pecku, HoD DT & STEM

Hi, I'm Nahian Joyeta, and I joined Ursuline Academy Ilford (UAI) in January 2021. My STEM journey truly began here, transforming my confidence and opening up opportunities I hadn't imagined. In Year 9, I joined the STEM club and, with a friend, completed a small project that sparked my passion for math, robotics, and community engagement.

STEM has been a source of resilience during personal challenges. When my mum underwent major surgery in Year 10 and as my family faced other hardships, STEM helped me focus and persevere. With the support of my family and teachers, I found strength and purpose.

I've since gained hands-on experience, working with companies like MACE and industry experts, and participated in competitions. In 2023, my team won the Design Future London Challenge, a project organized by the Mayor of London and architect George Clarke, which allowed us to explore solutions for local built environments, having previously come up as the Peoples' Vote choice in the 2022 inaugural version. This win remains a highlight of my journey.



To give back, I served on the student council and the Redbridge Youth Council, where my advocacy work earned recognition and the award at both the Borough and National stages. As a Child-Friendly Redbridge Ambassador, I worked with others in collaboration with UNICEF to amplify youth voices and address issues like vaping in the borough. I also joined the Stemettes mentoring program, which provided incredible mentoring support of which I have continued to be a part of, as I continue my STEM journey.

Since leaving the UAI, I've been active in promoting Science, Technology, Engineering and Maths (STEM) and networking for the young people at Newvic, my current place of study. Since arriving, I have initiated three different projects: one being my own STEM club as it was the place where I found my love for STEM, and I wanted to share this wonderful experience with others. I'm also mentoring STEM-interested students, as well as starting a debate club to enhance students' vocabulary, linguistic skills, self-confidence and a collaboration with Young Enterprise to support T-level business students.

I also hold multiple roles, including Student Councillor, Marketing Ambassador and Activities Ambassador at NewVic College. At present I'm organising events for Islamophobia Awareness Month and Culture Day, emphasising the importance of cultural pride. Additionally, I've volunteered for a Black History Month open mic challenge and plan to join the Newham Youth Council.





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:

consequent

- adjective: following, resultant, ensuing, sequential

consequently
consequential
consequence

con-sequent

Latin: con (with) Latin: sequi (to follow)

PSHCE: If we don't change people's views about racism, the consequences could be dire.
Business Studies: Falling sales and a consequent loss of profits forced the company to lay off more workers.
ICT: There have been several consequential innovations in computer software.

Who might use this word? data analyst, computer software engineer, solicitor

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



Islamic Arts & Heritage Festival

Sunday 17 November: 11am – 4pm

Redbridge Central Library, Clements Road, Ilford, IG1 1EA

Discover Islam in Britain through history, art, architecture, science and much more at this unique showcase of Islamic culture.

- Art & Crafts
- Exhibition and Artefacts
- Fun activities for children
- Islamophobia Awareness Month Exhibition
- Short Film viewings
- Spectrum Studios, Barkingside Art Club
- Book recommendations



**All Welcome
FREE
Just turn up**

London Borough of
Redbridge 



Vision
Redbridge Culture & Leisure

For more information visit vrel.uk/islamicartsheritaafestival