



Ursuline Academy Ilford

Weekly News – 2024/2025 Issue 10
15th 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



Discerning
& Joyful

Dear Parents & Carers,

In this edition, we celebrate the incredible opportunities our students enjoy, reflecting the vibrancy and dedication at Ursuline Academy.

Our Chaplaincy's Remembrance Prayer Table fostered a moment of unity and reflection, while the Science Club's slime-making activity captured curious minds. On the sports field, our 'Ursuline Angels' showcased determination with outstanding football victories. Special congratulations go to Linh Dinh 11T, our Jack Petchey Award winner, who is also one of our PE Stars of the Week, alongside Alexandra Kyriakidou 9T.

The school has also been filled with creativity, from the stunning library leaf display led by Ms Finlay, who guided students in this beautiful project, to the vibrant El Día de Los Muertos candy skull decorations led by Ms Grassi. Ms Posnikidou's RE displays captivated imaginations, and Dr Osei-Owusu led a remarkable student leadership presentation to the Senior Leadership Team on Tuesday.

These activities embody the spirit of our community—capturing the essence of Belonging, Believing & Becoming!

SERVIAM
Fiona Stone



Deputy Headteacher's Headlines...

Student Personal Safety:

Now that the clocks have gone back and the nights are drawing in, I wanted to take the opportunity to raise the issue of personal safety when travelling to and from school.

It is important that students consider how to keep themselves safe by, for example, travelling directly home from school and not hanging around in the local area; avoiding higher risk or unlit areas after dark (e.g. parks or alleyways) and not engaging with any adults whom they do not know.

Whilst incidents are very rare, it is always wise to be prepared and I encourage you to remind your daughter(s) about these issues and discuss this at home.





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Chaplaincy News

Pope Francis@Pontifex – 13th November 2024

Let us not forget countries at war! May we not forget Ukraine, Palestine, Israel, Lebanon, Myanmar, and so many other nations. Let us [#PrayTogether](#) for peace. We are in great need of peace!

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

November: Community

15th November: Charity teaches discretion and moves the heart.

16th November: If you see one faint-hearted, encourage her.

17th November: In everything, willingly be gentle.

18th November: take care especially that they are united and one in will.

19th November: The more you are united, the more Jesus Christ will be in your midst as a father and good shepherd.

20th November: Among the good and necessary means that God has granted me, you are the one of the most important.

21st November: I am continually among them with Jesus Christ, the Lover of us all.





Chaplaincy News



We have had a busy week in chaplaincy: A group of dedicated students including **Laisa**, **Nithya** and **Aporna** in Year 8, decorated our prayer table with several, beautifully hand-made poppies which they also offered to students and members of staff on Remembrance Day

On Remembrance Day at UAI, classes observed a two- minute silence in memory of those who gave their lives for this country in WWI& II. Staff and students were also invited to write down names of their deceased loved ones in our UAI remembrance book to be blessed by Fr David during Thursday Mass.

Our altar girls **Nancy** and **Arrohanna** were smartly adorned in their albs for Mass. They are keenly learning how to set up the chapel for Mass and working alongside our sixth formers **Blinzy** and **Jaela** to train readers for Mass and also to help run a scripture study group.

Our chaplaincy film club continues on Mondays and Fridays with sixth formers **Holy** and **Syrah** in charge. The girls are given treats after the movie and they are urged to identify and reflect on Ursuline values and CST in the movies.

Nabeela and **Saliha**, Year 7 have been brilliant at designing chaplaincy flyers and presentations using the App Canva, well done to them!

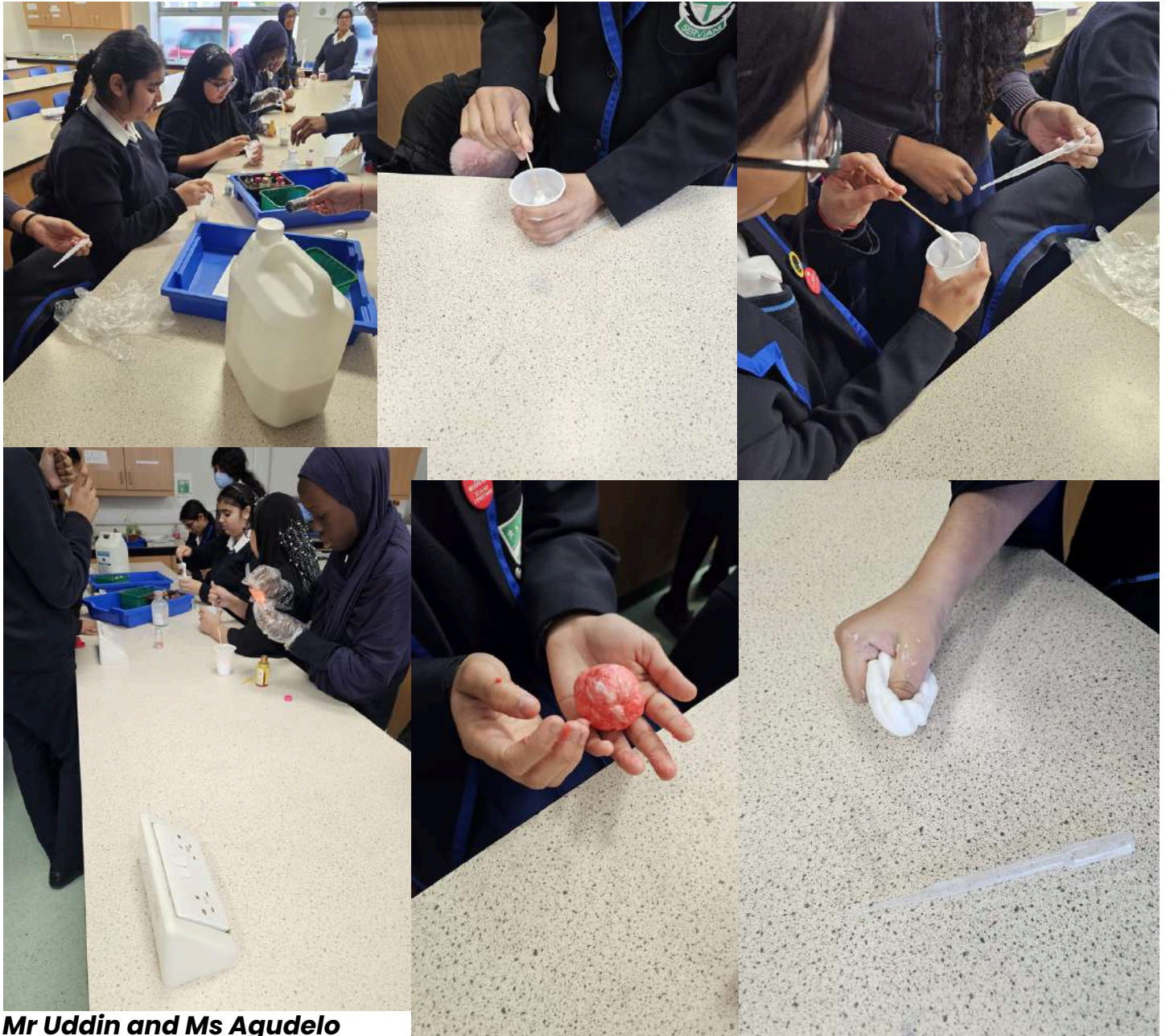


Gladys Adomako, Chaplain

Science Club

Making Slime balls!

Making slime is fun for everyone and this week we made some slime balls using PVA glue and Borax. This was made a little bit more interesting by adding some food colouring and glitter. Borax is a chemical that in water forms an ion called the borate ion. When the borax solution is added to the glue solution, the borate ions help link the long polymer molecules to each other so they cannot move and flow easily, thereby making slime balls. Unfortunately, we couldn't take them home as the Borax can be harmful if ingested but we definitely had fun making them and playing with them.





Football News

At the Ursuline Academy Ilford, we like to keep things clean. Clean uniforms, tidy classrooms, organised exercise books. But recently, it should really be noted, we keep clean sheets.

Another three games in the Redbridge U13 league and yet another three clean sheets. The Ursuline Angels have now kept a clean sheet in a staggering eight games in a row. We won two of our games this week with 1-0 and 2-0 scorelines, and frustratingly drew one 0-0, but...**We are currently top of the league!!**

Charisse scored free kicks in both of our victories; the first was good but the second was sublime, surely with some built up confidence from netting earlier that day.

Aaminah continued her scoring form with the other goal in the 2-0, though will surely be frustrated she couldn't match her hat-trick heroics of a month ago, despite getting into some excellent positions.

Our player of the day was **Zainab K** in 8R, for some phenomenal defending, including some excellent decision making in challenging situations.

Well done also to all the girls who came for their first games this week. Training takes place on Wednesdays; Year 7s and 8s, please speak to Mr Burt, Mr Okyere or Ms Whates if you want to get involved in our excellent run.

We are looking to buy some kits for the new year and forthcoming games. As part of this, we are looking for a sponsor. If you are a parent, staff member or relative and own or are part of a local business that might be interested in sponsoring the team, please contact Mr Burt at lburt@uai.org.uk for more information and to discuss.



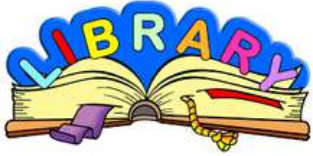
Mr Burt, Mr Okyere & Ms Whates

Our Jack Petchey Winner for November is **Linh Dinh in 11T**.

Linh started at the Ursuline Academy in February 2022 and has demonstrated exceptional dedication and effort ever since which really shows! She is such a joy to teach, is kind, caring and will always take a moment to ask how your day is going in a very genuine and thoughtful way which highlights her kind nature and ability to connect with others.

Well done Linh! # Serviam!!





Library News

Library Autumn Display.

Thank you to our Yr 7 students who created this beautiful display of book reviews in the shape of leaves. As autumn sets in and nature is looking quite bare, we can all enjoy this colourful dressing of our library tree.



Congratulations to our winners whose reviews stood out because of their colour, design and book summary. They are **Adiba Mirza & Umeed Imran** in 7C, **Marziya Zahra Syed** in 7J, **Nabeela Quayyum** in 7R and **Ammaarah Mater** in 7T.



MFL News

El Dia de Los Muertos



For El Dia de Los Muertos (Day of the Dead), our Languages Department and its Ambassadors have organised fun activities every Friday in November.

Below are some pictures from our candy skull decoration workshop which took place on Fridays 8th and 15th November.



Upcoming activities

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



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!





PE Stars of the Week

Alexandra Kyriakidu – 9T

Alexandra has been participating in every extracurricular PE club. She is constantly eager to assist others and puts a lot of effort into her lessons.

Linh Dinh – 11T

Linh is an exceptional student who gives her all in both theory and practical classes. Linh continues to attend Netball Club on a regular basis valid member of the team.

Both fully deserve these awards. Keep up the good work girls!



RELIGIOUS EDUCATION

RE News

This month, I am excited to unveil a new poster that beautifully captures the core virtues of our school. Created by Year 9 pupils (9C & 9T), it serves as a daily reminder of the principles that guide our learning and interactions. From respect and integrity to creativity and perseverance, each virtue reflects the heart of our school community. So, join us in celebrating the spirit that makes our school a special place to learn and grow!

Here's what pupils said about participating in this project:

'I felt amazing, and I am proud of myself for helping to make the display and for learning more about our school virtues. Learning more about our school virtues made me fit in and learn more about my school.'

Muntaha Alam, 9T

'I felt amazing and proud because we put so much hand work, not only me but the whole class. Seeing at the end the display, made us all proud, knowing all our hand work came in use.'

Aleena Sethi, 9T

'The display shows our creativity and how we can all produce hardworking designs. It is also very beautiful and inclusive, showing whoever enters the room the Ursuline Virtues, the virtues of our school in such nice colours. Also, Miss Posnakidou taught us the lessons about our school virtues thoroughly and made our board look so pretty and fun.'

Alayna Akhtar, 9C

'When creating displays, I can expand on my creativity, serve by doing something that won't only look presentable and enticing but help others learn about something new (Serviam). Designing displays is always fun and engaging especially with a teacher like Ms. Posnakidou.'

Nancy Paris Rola, 9C



Ms Posnakidou, Teacher of RE

STUDENT LEADERSHIP

Student Leadership News



Reflections of Year 11 and 13 Student Leadership Team

At the SLT meeting on Tuesday, 12th November, the Year 11 and 13 Student Leadership Team had the opportunity to share their insights and experiences with the Headteacher, Ms. Stone, and other members of the Senior Leadership Team. Each student reflected on their journey so far, describing the skills they have sharpened and the positive impact they have had within the school. Here are some highlights from their comments:

“We were given the opportunity to present our progress as a Student Leadership team to SLT. Summaries, solutions and plans for the future were shared and we gained useful and valuable feedback to apply to what we do, moving forward. I shared plans for work experience, as well as other opportunities suggested by KS3/4/5 students through their school council representatives, and reflected on the events we assisted in. Overall, a productive meeting!” *Waania Malik, Head Girl*

“Being the Deputy Head Girl is both challenging and rewarding; I have faced many challenges, overcoming public speaking, balancing my time, and communicating with new people. Thankfully with the student leadership team's support and a growing belief in myself I have overcome the challenges. The head girl and I have discussed the students' concerns at school council meetings and reported to the team to select the priorities and take them to our school's senior leadership team. I am honoured to be the bridge between the students and our school staff. It has enhanced my communication, teamwork, decision making and time-management skills. Working with new people has given me an insight into different perspectives”.

Naga Karthik

“I think we were all really nervous as this was our first meeting with Ms Stone and other staff members but of course all teachers were encouraging and listening attentively. Also, this meeting gave us a chance to improve our teamwork and public speaking skills”.

Raheema Mhammed Yousuf

“Attending the meeting for the first time and engaging with SLT members was a valuable learning experience. Through the student Leaders meetings, I have gained an insight into the decision-making processes, of how strategic discussions are framed, and the level of detail required when addressing high-level goals. I also learned about the importance of clear communication, active listening, and how to ask the right questions to gain clarity on key initiatives. Observing the dynamics between SLT members helped me understand the roles and responsibilities at the leadership level, and how collaboration and consensus-building is crucial in driving the school's objectives forward! Overall, it was a great opportunity to see leadership in action and begin understanding the broader scope of the school”.

Annabel Dansoh

“Serving in this role has been a rewarding experience, allowing me to actively contribute to our school community. In the first half-term, I was involved in organising Cultural Day, delivering presentations for Black History Month, and mentoring KS5 students. These experiences have been invaluable, as they helped me connect with more students whom I am honored to represent throughout the year. I look forward to embracing new opportunities to proudly represent our school and continue making a positive impact.”

Mahrukh Ashfaq, Equalities Senior Student Leader

“I’ve been involved in organising and supporting various events, presenting in assemblies, and assisting with clubs and extracurricular activities across the school. In this position so far, I have taken on a range of responsibilities that bring together different parts of the school community. At our recent meeting with the Senior Leadership Team, we shared our role in the events and activities that have taken place this past half-term, communicated any concerns and suggestions that students may have, and discussed ways to address them. Preparing for and participating in these discussions has boosted my confidence in public speaking and has given me a platform to develop my leadership skills. I believe it is important for us all to develop these skills as students so we can communicate our ideas and experiences, as we all have something to learn from each other. It has been rewarding so far to see how my efforts as part of the student leadership team have helped build a stronger connection between students and staff and created a supportive environment where the students’ voices are heard. A great confidence booster I think would be to put yourself out there and take part in an activity. I highly recommend you all have a go and be part of at least one of the variety of clubs we have at Ursuline, and events that will take place throughout the year. I think this is one of the best ways we can showcase the abilities we have and most importantly, to make lifelong memories and enjoy these experiences along the way!”

Miethursha Narentrakumar, Senior Enrichment Leader

The students expressed their enthusiasm for developing their roles and contributing to school initiatives. Ms Stone praised their commitment and acknowledged the valuable skills they are developing through their dedication to the school community.

Well done to the Student Leadership team for all their efforts. SERVIAM!

Dr Osei-Owusu
Head of
Chemistry/Enrichment &
Student Leadership
Coordinator





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

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.

consequently
consequential
consequence

con-sequent

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

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

Sp Adobe Spark





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 see Satchel...

Are you a sixth form student who has applied or is thinking about applying for Medicine? Imperial College Healthcare NHS Trust is running a FREE medical school interview webinar from 5pm on Tuesday 3rd December 2024 via Microsoft Teams.

This webinar includes:

- MMI Interview guidance and tips from the admissions tutors at Imperial College School of Medicine
- Three mock interviews with REAL Medical School interviewers and current Imperial Medical Students
- Live reflection on those interviews



Register for this FREE event here: <https://forms.office.com/e/T817C6fM3k>

Post 16 Choices

For students who are thinking about whether to pursue the **A Level, T Level, or BTEC route**, we've got a webinar to help them make an informed decision. We'll also offer guidance on **how to choose GCSE subjects**, as well as a separate webinar for **parents and caregivers**.

> [Share the webinars](#) (2-3 Dec)

Upcoming Webinars

PWC Virtual event: Exploring Your Career Options: Degree Programmes

Date: Thursday 21 November (4:30-5:30pm) [Register here](#)

Virtual event: Exploring Your Career Options: Apprenticeships

Date: Thursday 28 November (4:30-5:30pm) [Register here](#)

Careers fair: What Career Live – London Dates: 15 and 16 November [Find out more](#)

Job Spotlight: Accountancy, Banking & Finance

Finance Higher Apprenticeship with National Grid

This 2-year Level 4 Apprenticeship, leads into a 3-year Level 7 Apprenticeship where you'll earn a competitive salary, gain finance experience, and achieve a professional accountancy qualification!

PwC - Accounting Flying Start Degree Apprenticeship

Fast-track your career in accounting and start on the path to becoming an ICAEW Chartered Accountant whilst working at 'Big Four' accounting firm, PwC!

Audit Apprenticeship Programme at EY

This four-year financial programme provides you with the opportunity to work across 'portfolios', managing your own clients and their financial accounts, and travelling across the UK!

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
LUNCHTIME	Big Sister Mentoring: HCO	8.45 – 8.55a.m.	Hume House	Years 11 - 13
	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
	Spanish Speaking Club: SCL	12.40 – 1.10p.m.	G5	Year 11
	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

