



Ursuline Academy Ilford

Weekly News – 2024/2025 Issue 13
6th December November 2024



Upcoming Events

Year 12 & 13 Progress Evening

Monday 9 December 2024
4.00 – 7.00p.m.

Carol Service

Tuesday 17 December 2024
5.30 – 7.30p.m.

6th Form Open Evening

Thursday 23 January 2025
5.00 – 7.00p.m.

St Angela's Day

Friday 24 January 2025
School closes at 12.40p.m.

Year 7 Progress Evening

Monday 10 February 2025
4.00 – 6.30p.m.



Headteacher's Headlines

Discerning
& Joyful

Dear Parents & Carers,

As we continue through Advent, the Chaplaincy team is guiding us in reflection on hope, peace, joy, and love. Ms Agudelo supported some students in decorating our Christmas tree and setting up the school crib—a tradition that brings us together in anticipation of Christmas.

Year 12 Ursuline Links students have embraced the season of giving by supporting Redbridge Foodbank, exemplifying our commitment to serving others.

There's been outstanding engagement across the curriculum: Science Club explored fingerprint analysis in forensics.

Drama students visited BAFTA studios for a careers insight trip.

Year 9 History delved into life on the Western Front in WWI.

Year 10 STEM students explored aviation careers on a recent trip.

The Library's Scholastic Book Fair has inspired a love of reading, while MFL Ambassadors hosted a movie afternoon and are planning festive events. Also thank you Ms Grassi for the house competition on being discerning and joyful, the entries look amazing,

In PE, our Stars of the Week shine brightly, and exceptional RE homework has showcased students' engagement with faith and spirituality.

As we near the end of term, let's celebrate the achievements and vibrancy that make the Ursuline Academy special. Wishing you all a blessed Advent season.

SERVIAM
Fiona Stone



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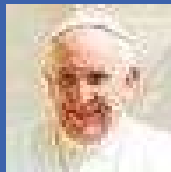
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Chaplaincy News

Pope Francis@Pontifex – 4th December 2024

Please, let us continue to pray for peace! War is a human defeat; it does not solve problems but only brings destruction. So many children and innocents die! Let us pray for all countries at war. Let us always pray for peace.

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

December: Hope

6th December: God alone knows what you need, and can and wants to provide for you.

7th December: Let them hold this as most certain: that they will never be abandoned in their needs.

8th December: They should place their hope and love in God alone, and not in any living person.

9th December Let God work; he will do marvellous things.

10th December: Learn from Our Lord who, while he was in this world, was as a servant.

11th December: God will give you the necessary strength, provided you do not fail for your part.

12th December: Strive to seek out the means and ways to advance.





Chaplaincy News

We lit our first advent candle, the purple, prophecy candle of hope this week, in the UAI chapel. In Catholic tradition, the advent wreath holds four candles and the fifth one (white, the Christ candle) is only lit on Christmas day.

One candle is lit each Sunday until all four candles are lit. As Christmas draws nearer, each candle brings a little more light into the darkness.

The candles symbolize the spiritual journey toward Christmas and the anticipation of Christ's arrival.



Thank you to one of our precious Year 7s, **Ishika Gupta**, who whole heartedly came each lunchtime this week to decorate the Chapel Christmas tree.
Serviam Ishika!

The five Advent candles represent different aspects of the spiritual journey leading up to the Nativity of Christ

1. Hope (Prophet's Candle)
2. Faith (Bethlehem's Candle)
3. Joy (Shepherd's Candle)
4. Peace (Angel's Candle)
5. Light and purity (Christ's Candle, optional)





Chaplaincy News Continued

This first week of Advent we reflect on Pope Francis' message urging us to 'raise our heads' amidst the current ceasefire in the Middle East- a message of hope. Here at UAI Chaplaincy and Ursuline Links students continue to lead the way this Advent season to respond to the refugee crisis and feeding the hungry through Foodbank.



Gladys Adomako, Chaplain

2024 REVERSE ADVENT CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
1 Tinned Fruit	2 Cereal Bars	3 Instant Pasta	4 Chocolate Spread	5 Socks size 6-12	6 Tea Bags	7 Sanitary Items
8 Thermal Hat	9 Biscuits	10 Coffee Sachets	11 Blanket	12 Neck Warmer	13 Tinned Meals	14 UHT Milk
15 Thermal gloves	16 Scarf	17 Tinned Soup	18 Toothbrush/paste	19 Travel Cup	20 Selection Box	21 Hot Chocolate
22	23	24 DONATION	25 DONATION	26	27	28
IT'S TIME TO DONATE YOUR COLLECTED ITEMS		TO FIND YOUR NEAREST FOODBANK GO TO: WWW.TRUSSELL.ORG.UK				
29 29	30 30	31 31	1 JAN	2 JAN	3 JAN	4 JAN
JESUS, MAY EVERY GIFT I SEND, EVERY PARTY I ATTEND AND EVERY MEAL I SHARE, REMIND ME TO PREPARE SPACE IN MY HEART FOR YOUR ARRIVAL.						

DURING THIS ADVENT SEASON, CARITAS BRENTWOOD INVITES YOU TO COLLECT ITEMS FOR OTHERS, THAT YOU CAN THEN DONATE TO YOUR LOCAL FOODBANK IN TIME FOR CHRISTMAS.



We ask that you kindly donate any unperishable food items such as those listed below. These items will be taken to our local food bank and distributed to those in need our local area

Examples of items to Bring!

Food Donations:

- Cereal
- Soup
- Pasta
- Rice
- All Tinned foods
- Biscuits
- UHT milk
- Fruit juice
- Tea/coffee

Non-food donations:

- Toiletries
- Deodorant
- Toilet paper
- Shower gel
- Shaving gel
- Shampoo
- Soap
- Toothbrushes
- Toothpaste
- Hand wipes

Household items:

- Laundry liquid detergent
- Laundry powder
- Washing up liquid

Feminine products:

- Sanitary towels
- Tampons

Baby supplies:

- Nappies
- Baby wipes
- Baby food

Make sure it is more than 3 months to the expiry!!



The Deadline for donations is Thursday 19th December

All food donations can be taken by Form Chaplaincy Reps to the Chapel.

Please give wisely and generously.



Christmas comes to Ursuline!

Christmas is here!

Amira Lodi, Salima Sillah, Adiba Mirza from 7C have joined me to decorate the Christmas tree in reception this year, they were excellent helpers and they loved creating something really special for the whole school to enjoy.

Merry Christmas!

Miss Agudelo



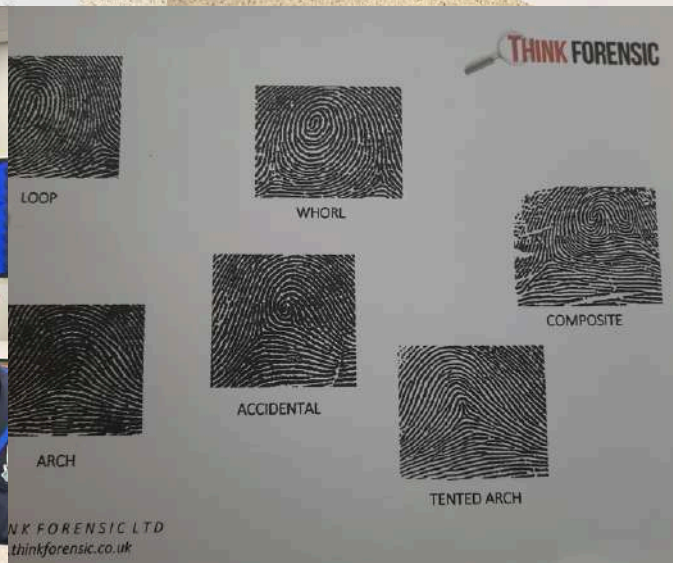
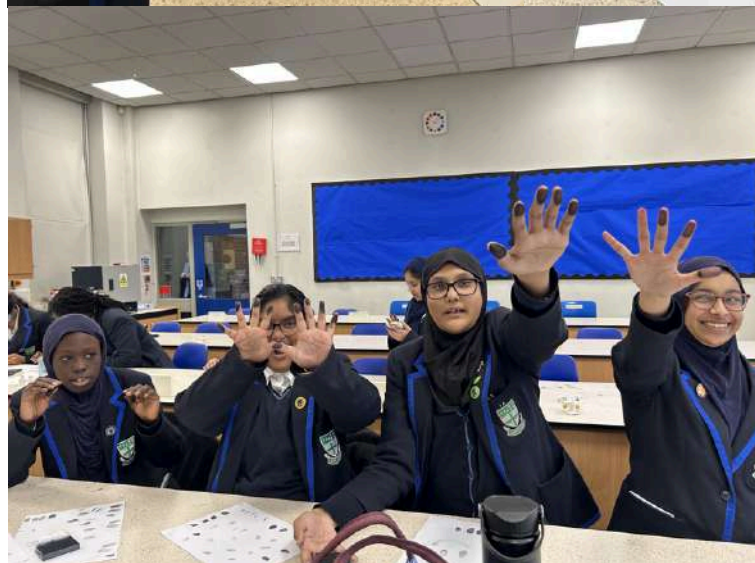
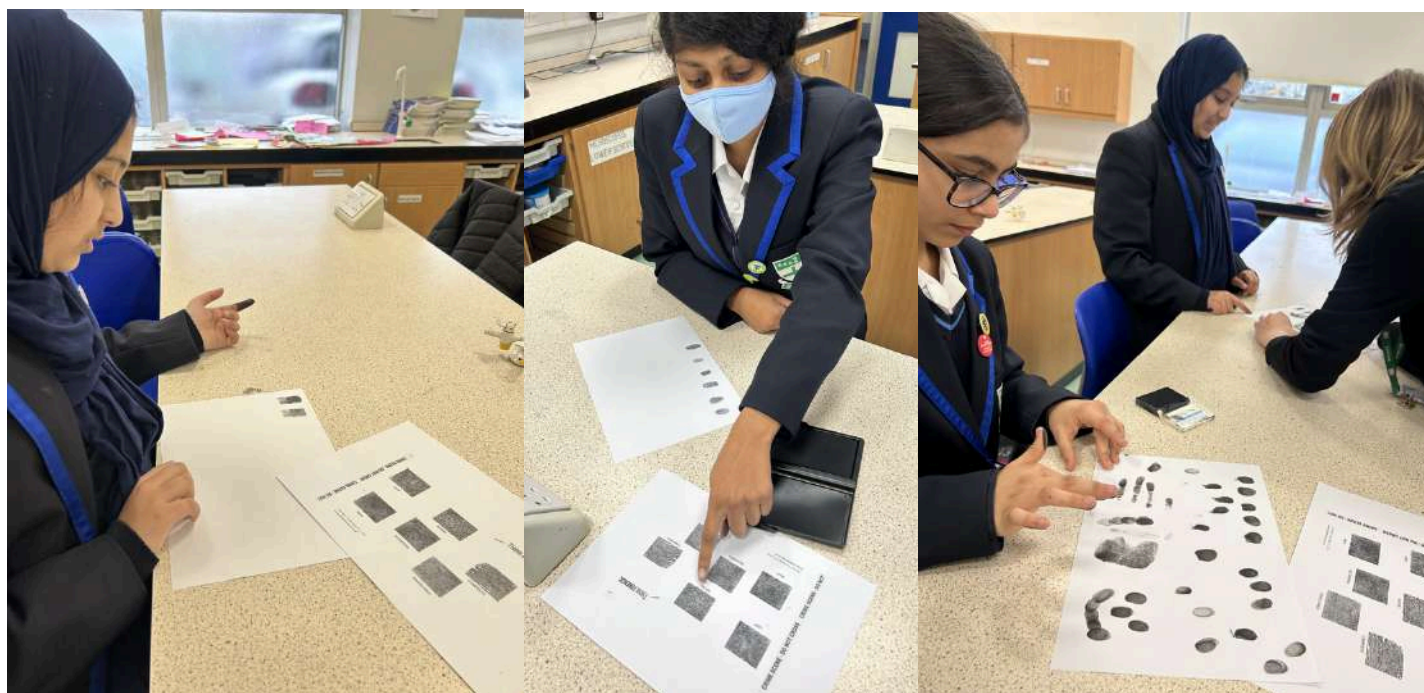
We also put our Crib up, which is over 52 years old; it was here in 1972 when one of our former teachers started as a pupil at Ursuline!!



Science Club Analysing Our Fingerprints

This week our students had the opportunity to analyse their very own fingerprints. Using an ink pad and blank paper, they learnt the procedure around having fingerprints taken and proceeded to make their mark by placing their prints all over their sheet of paper.

The question now was, do their fingerprints exhibit whorls, arches, loops, or another pattern altogether. It was amazing to see them use their observation and analysis skills to discover their unique fingerprint pattern, which wasn't necessarily the same on all their fingers and compare it to their fellow classmates. Overall an excitingly messy day!





Drama News

On Friday 29th November, Year 10 GCSE Drama students and four Sixth Formers took part in a special careers workshop at the BAFTA studios in Picadilly.

Aimed at students who are interested in hearing more about a career in the screen industries, the afternoon offered a unique careers experience for young people.

The event comprised of two sessions which supported in school careers activity and Gatsby benchmarks by providing encounters with industry professionals as well as learning from career and labour market information.

The sessions included a craft masterclass which went behind the scenes of the popular TV show *Horrible Histories* with some of the creative departments that are central to film/TV production. These included the Executive Producer, the Costume Designer, the Set Designer and the Set Dresser. There was a discussion about the screen industry with Young BAFTA presenters asking the experts questions. The floor was then opened up to the audience and our students asked some pertinent and interesting questions. The second half of the event comprised of a brilliant question and answer session with successful actor and playwright Bilal Hasna. He is a core character in the Disney Plus comedy *Extraordinary* and stars in the film *Layla*.

Bilal's insightful descriptions of his Palestinian roots and his journey from university through the acting world of stage and screen gave our students a valuable insight into the industry and the work involved in becoming a successful actor.

We all thoroughly enjoyed the event and even got to pose for our own BAFTA photos!

A massive thanks to **Miss Tallat** our Careers Leader for this amazing opportunity offered to our Drama students.

Ms Milne, Subject Lead Drama





This week Year 9 have been learning about conditions on the Western Front during WWI, and have produced some lovely mind maps showing what it was like in the trenches.

Phoebe, Aishwarya, Alexandra and **Imaan** in 9T all completed some excellent work, as seen here:

LIFE IN THE TRENCHES

A1 Battalion

In a trench, you had to be ready for anything. They were very muddy and cold. They ate mostly bread and jam, but they also ate some tinned meat. They were very tired and they were very scared. They were very nervous and they were very afraid. They were very nervous and they were very afraid. They were very nervous and they were very afraid.

Hygiene

Living in the trenches was very dirty. There was a lack of washing facilities, a source of infection. Some soldiers would get a disease like dysentery and cholera. Diseases were spreading and causing death. Some were taking the dead bodies in the trench.

Food

They mostly ate bread and jam, but they also ate some tinned meat. They were very tired and they were very scared. They were very nervous and they were very afraid. They were very nervous and they were very afraid. They were very nervous and they were very afraid.

Fear

Soldiers were constantly living in fear. This led to a condition called shell shock. Many soldiers were very nervous and they were very afraid. They were very nervous and they were very afraid. They were very nervous and they were very afraid.

Discipline

Soldiers had to respect their leaders. Officers had higher death rates (12%) than troops (12%). 78 officers died and 416 were wounded. Those who disobeyed could be executed or arrested. 3080 soldiers were condemned to death by firing squad.

Leisure Time

Some soldiers would get a disease like dysentery and cholera. Diseases were spreading and causing death. Some were taking the dead bodies in the trench.

LIFE IN THE TRENCHES

Comfort

Officers had to read and censor letters. They received luxuries like chocolate, alcohol and cigarettes. Some luxuries like chocolate, alcohol and cigarettes. Some luxuries like chocolate, alcohol and cigarettes.

Hygiene

Lice - due to lack of washing facilities. Huge rats. Disease spread. Gross.

Food

Food was tinned. Poor quality food. British food was better than other countries. Average was 10 kilos of food a week. 10 kilos of food a week.

Fear

Soldiers lived on constant fear. Many died in mental hospitals. Some may not recover (PTSD).

Pals Battalions

People who knew each other were sent together to increase the army's morale of close friends.

Discipline

3080 condemned to death. Respect for leaders.

Life in the trenches

Friday 29th November

Food:

- mostly tinned meat, bread, biscuits and jam.
- poor quality.
- although food rations were good and better than the French or German.

Hygiene:

- lice due to lack of washing, lice was common.
- disease e.g. dysentery, scabies, diphtheria.
- rats everywhere - no coats and lots of food, air corpses.

Fear:

- lived in constant fear and expectation of an attack.
- stress resulted in PTSD, which was called shell shock.
- impacted their mental health, many never recovered, ended up in mental hospitals.

Discipline:

- had respect for leaders.
- officers had higher death rates (12%) than troops (12%).
- 78 officers died and 416 wounded.
- those who disobeyed could be executed or arrested. 3080 soldiers condemned to death, 346 by firing squad.

Leisure:

- 10 days a month in trenches, 5 days front line, 60% rest.
- humorous news sheets, cartoons, away from the front.

Comforts:

- would recruit close friends, stay together, live, fight, and die together.
- relied on each other, not letting them down.

Lesson 9

Friday 29th November 2024

Life in the Trenches

Comforts:

- Receive letters and parcels from home - such as chocolate, cigarettes and alcohol. Officers would be sent in care packages from home.

Hygiene:

- lice - due to lack of washing facilities, lice were common.
- disease e.g. dysentery.
- Rats - no coats and lots of food - air corpses. The rats grew huge and soldiers spent their nights hunting them with snovels.

Trench Foot:

- wearing poorly fitting boots, living in freezing mud and water, sometimes drowned in it.

Food:

- Tinned meat called bully beef, bread, biscuits and jam.
- Poor quality due to off-endull nature of trench life.
- Good foods, more food than home, never starved if you are in the British soldiers, poor quality too.

Discipline:

- Soldiers had to respect their leaders.
- 146 wounded. A total of 3080 British soldiers were condemned to death by the army and 346 actually had that sentence carried out by firing squad.

Fear:

- Soldiers on the front lived in constant fear and expectation of an attack.
- Mental health condition called shell shock and type of nervous exhaustion. Trauma and chlorine gas destroyed lung issues so they can't breathe, mustard gas caused illness, many ended up in mental hospitals. This is the worst of fear.



Library News

SCHOLASTIC BOOK FAIRS

The Sixth Form students ran a very successful BookFair at the school this week. Overall sales amounted to £515 approx. with 10% going to the school library in books. A big thank you to the parents and students who supported the Fair. Serviam.





MFL News

November events for Day of the Dead: Screening of Coco

To close our Day of the Dead November events, The Languages Department and its lovely ambassadors showed Coco on Fridays. The extra treats were popcorn and sweet bags.

Here is **Anousha Ali, 8C**



Some of the audience!



House Competition

All Year 7 students participated in a House Competition this month. They looked up Discerning & Joyful (The Ursuline Value we are focusing on this half-term) in French or Spanish, depending on what Language they study and created leaf shaped signs.

Bravo 7C who won 10 points for Catherine House.

Picture round is some of their best work!

And some amazing creations from the other Forms



December Events: Joyeux Noël/ ¡Feliz Navidad!

Here are the activities for this month.

1. Raffle to win a mini hamper and a traditional Bûche de Noël* to be won!
Tickets are £0.50 for 1/ £1.00 for 3

2. French Christmas Bingo with Prizes!
Tickets are £0.50

3. Christmas Ornament Decoration Workshop Competition.
Tickets are £1.00

All money will be used to buy prizes, treats and resources

☆ Christmas Bingo ☆

When? – G6
Where? – Friday 13 December 12:40
How much? – 50p
Come and play French Christmas Bingo. Loads of Christmas Prizes will be given!

☆ Christmas Baubles Decoration workshop and competition ☆

When?: Friday 6th December 12:40
Where?: G6
How much?: £1
Decorate your own Christmas Baubles. The 10 best ones will go on the Languages Christmas tree and will receive a treats and prizes!

☆ Christmas Raffle ☆

1st Prize?: A Bûche de Noël
2nd Prize?: Christmas Hamper
How much: £0.50 for 1, £1 for 3 tickets



* Bûche de Noël

The tradition dates back to medieval times. A log of wood would be brought home and placed in the hearth, which at the time functioned as the epicenter of every family's activity. Depending on the region and its various beliefs, salt, wine, or holy water were sprinkled atop the log before lighting it on fire. Once lit on Christmas Eve, the log is supposed to burn for at least three days for good luck—

ideally until the New Year. Little by little, traditional fire disappeared in homes and The bûche de Noël as a dessert was born.



PE News

PE Stars of the Week



Zainab Kayani 8R

Zainab is a remarkable student who consistently puts forth her best effort in every lesson. She is dedicated and hardworking, excelling both in the classroom and on the football field. As a player, Zainab is exceptional both on and off the pitch, always encouraging her teammates and offering support from the sidelines. She demonstrates excellent communication skills daily, motivating and inspiring those around her. In defence, Zainab is brilliant, and her ability to score from the halfway line, even when unintentional, is truly remarkable.

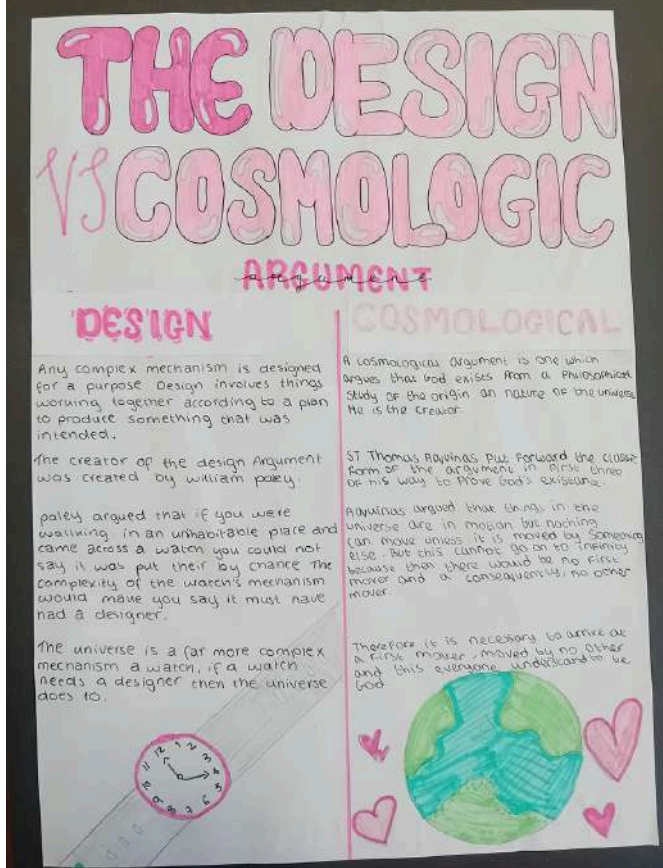
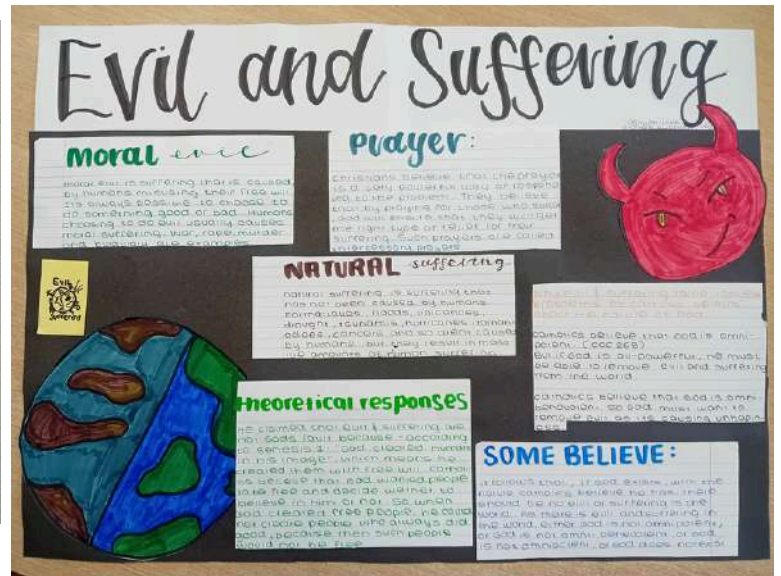
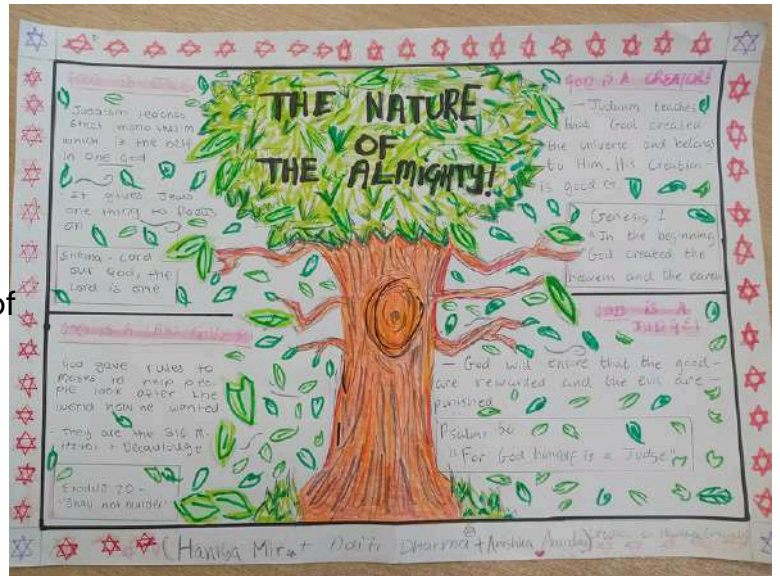
Alina Faisal 10J

Alina is an outstanding student who consistently puts forth maximum effort in every lesson. Her commitment is evident in both the classroom and at netball club, where she always gives her best. On and off the court, Alina is a remarkable player, continuously offering encouragement and support to her teammates from the sidelines. She is also open to exploring new ideas and strategies, which showcases her eagerness to learn and grow.



Ms Whates, Teacher of PE

Our year 10 students have made a fantastic start to their GCSE Religious Studies course, covering key topics in Judaism and Philosophy to date. As part of their revision, they have created insightful and creative posters that showcase their understanding of these areas. These posters will be proudly displayed in F2. We're excited to see how their knowledge continues to develop as they progress. Well done!!



This week, our talented Year 8 students (8C & 8R) have been putting their creative spin on one of the most well-known parables, *The Good Samaritan*. Through storytelling, they've explored the timeless themes of kindness, compassion, and breaking down barriers in fresh, relatable ways. From modern-day heroes to unexpected acts of kindness, these retellings are sure to inspire. Get ready to be moved by their imaginative takes on a story that still holds meaning in today's world!

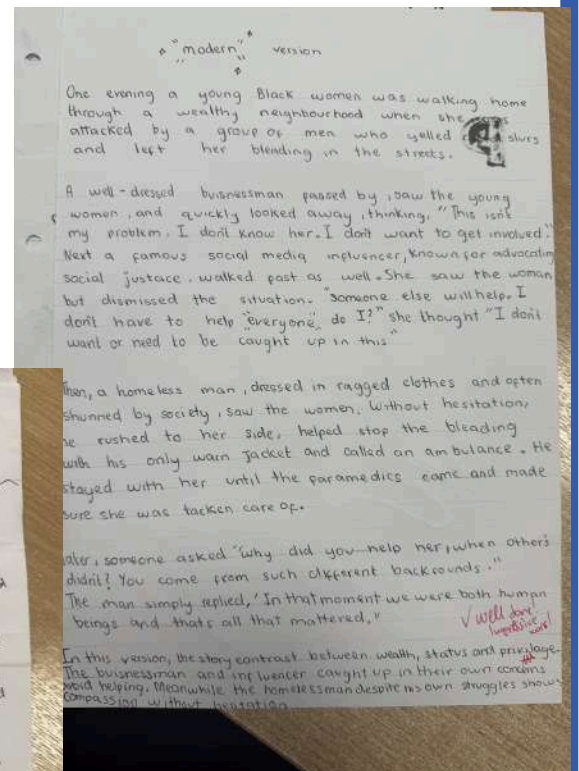
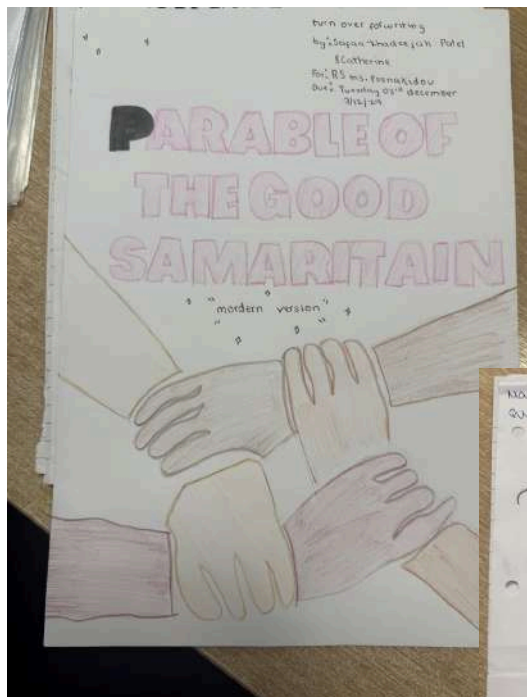
Pupil's feedback:

'When doing this H/W, I felt more understanding of peoples' situations and the reasons why you should show love and kindness in the world in order to make it a better place to live'

Chidera Ntochukwu 8C

'I learnt through this story, that not everything is at it seems and that sometimes we are all so caught up with our lives that we don't help others when they really need it. I think we need to slow down in our daily lives, and we should help others no matter what because we never know when we will need some help and if anyone would be there for us.'

Safaa Patel, 8C





STEM News



Year 10 Girls Soar at STEM in Aviation Day 2024 'The Future of Flight'



On a crisp November day, 33, Year 10 DT GCSE students from The Ursuline Academy Ilford embarked on an inspiring journey into the world of Science, Technology, Engineering and Maths (STEM) at the highly anticipated **STEM in Aviation Day 2024**, held at the Excel Exhibition Centre in London. Organized by the **East London Business Alliance (ELBA)** in collaboration with **City Airport** and leading sponsors, the event brought together over 500 young minds drawn from 22 school across East London to explore the cutting-edge world of Aviation. The day was an extraordinary blend of education, innovation and hands-on learning, designed to ignite students' passion for STEM subjects and unveil the boundless career opportunities in the aviation industry



A Carousel of STEM Discovery 🚀 From the moment the event began, students were immersed in an array of engaging workshops and activities. Each session offered a glimpse into the multifaceted world of aviation, blending theoretical insights with practical applications:

Our first activation, the flight simulation and air traffic control exercises delivered by UEL, honed critical thinking, decision-making, the application of cross-curricular learning and team building skills to name a few. This saw aerodynamics in action in a thrilling activity, where students built and tested gliders, experimenting with aerodynamic designs to improve flight efficiency.

This was followed by the career insights with GKN Aerospace where students gained valuable advice on the future of aviation materials, including the role of hydrogen fuels in sustainable travel. The Air Traffic Control session with NATS was next with a hands-on workshop and presentation which showcased the complexities of airspace management, and taught students how NATS optimize flight routes and decode control tower messages.



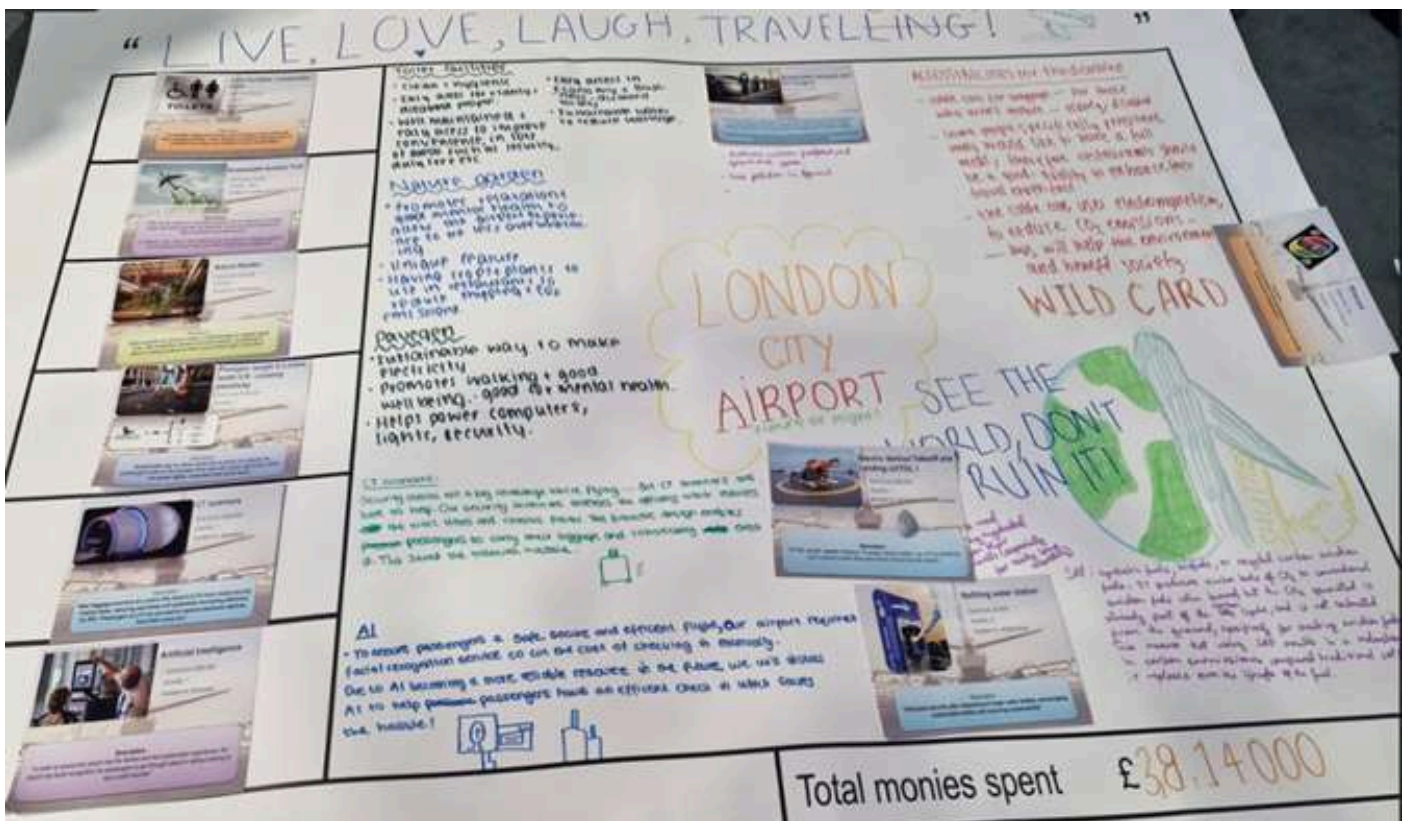
Industry Mentorship and Empowerment ✨ A defining aspect of the event was the chance for students to engage with aviation professionals, from engineers to airport management staff and the entire ELBA team who were on hand to answer every question and fuel their curiosity about the industry and their work. Mentors shared personal stories and career advice, inspiring students to envision themselves as future innovators in the aviation sector and allied industries. The need for diversity and fresh perspectives in STEM fields was a recurring theme which allowed our students to refreshed and engaged.

An unforgettable experience: The highlight of the day was a design challenge where teams reimagined the airports and aircraft of the future. Competing against groups from the 22 other schools present, our students demonstrated creativity, teamwork and problem-solving while addressing critical issues like sustainability, accessibility and technological innovation. The atmosphere buzzed with excitement as the top eight groups presented their forward-thinking projects to an audience of peers and industry experts. The energy, creativity and potential displayed by our Year 10 students were nothing short of remarkable! This was reflected in their presentations which showcased and reflected their renewed sense of purpose, recognizing their potential to drive the industry forward with their innovative ideas and unique viewpoints.





Shradda Pidaparathi 10T - The talks we got in the morning sessions; by UEL, GKN Aerospace, NATS and Cirium; respectively were extremely insightful and intriguing! I particularly enjoyed the talks by UEL and GKN Aerospace as they talked about the possibilities of ergonomics used in new planes and hydrogen fuel. This was the best part of the day, as it interested me so much I had a long research session at home! I have a grave interest in aviation anyway, so this day fueled my interest even further – it was too much fun, frankly! I learnt a lot of the future possibilities in aviation, through fuel, transport or such and also presenting as teams in the final 'London business school challenge'! Overall, extremely fun and insightful – I would recommend this to any Year 10 wanting to consider a STEM career!



Shruthi Vijay 10J - The trip was a very enriching and eye-opening experience for me. I liked the session hosted by Cirium that explained how they use aviation analytics to help contribute to the aviation industry and air travel. We also learnt about possible eco-friendly alternatives for fuel for planes. I also enjoyed the part when we worked in teams to design a new airport! It got me to think about what our current airports need in terms of facilities and eco-friendliness.

Snega Veerajeyarajah 10R – I liked the activity where we made and flew and tested the aero dynamics of toy planes and tried to make it go faster as it really tested my knowledge. The best part was when we all worked as a group to make our presentation, and it was my first time presenting in front of so many people. I learnt how important design and technology is in making our lives easier like in places like airports.



The group with Julia Hutchinson, the CEO of ELB

For us at The Ursuline Academy, events like these made possible through the dedication and support of sponsors and volunteers serve as valuable tools and enable us to provide invaluable insights into careers especially in STEM and also allow first-hand experience, engaging with industry experts. Special thanks to the organisers, **Julia Hutchinson, CEO of ELBA** and **Rachel Bell, Head of Education at ELBA**, and their sponsors, **City Airport, British Airways, NATS, CIRIUM, Embraer, GKN Aerospace, Accenture** and the **University of East London (UEL)**, for such an impactful event. We are proud of our students for embracing this opportunity with curiosity and enthusiasm. **The STEM in Aviation Day 2024** has not only broadened their horizons but will also help to fuel their aspirations to excel in the future.

As we return to the classroom, brimming with newfound knowledge and inspiration, we eagerly anticipate seeing our students' continued growth and achievements through their individual and shared learning experiences. Here's to the next generation of innovators and to next year's invitation. The skies are the limit! ✈️

Thank you to **Ms Tallat** and **Ms Koyes** for supporting us.
Ms Kodi-Pecku, Subject Lead D & T





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:

An infographic for the word 'concede'. It features a large title 'concede' on a dark background, followed by its definition: '- verb: accept, admit, capitulate, relinquish, surrender'. To the right, it provides context: 'PE: The goalkeeper was blamed for conceding too many goals. History: The government finally decided to concede defeat in the war. Creative Writing: "You're probably right," she conceded.' Below this, the word is broken down into 'con-' and '-cede', with arrows pointing to their Latin roots: 'Latin: con (with or completely)' and 'Latin: cedere (yield)'. A hexagonal box lists the forms: 'concedes', 'conceded', and 'conceding'. At the bottom, it asks 'Who might use this word?' and lists 'sports journalist, political analyst, paralegal'. The Adobe Spark logo is in the bottom right corner.

concede
- verb: accept, admit, capitulate, relinquish, surrender

PE: The goalkeeper was blamed for conceding too many goals.
History: The government finally decided to concede defeat in the war.
Creative Writing: "You're probably right," she conceded.

con-cede

concedes
conceded
conceding

Latin: con (with or completely) Latin: cedere (yield)

Who might use this word? sports journalist, political analyst, paralegal

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...

**Virtual work experience with National Highways on Wed 11th December at 5pm
for Yrs 10,11,12,13**

[Wednesday 11th December at 5pm](#) (45-minute briefing session on MS Teams)

Gain virtual work experience with National Highways. We invite you and parents to attend this event too!

[Register Now!](#)

Apprenticeships at IBM

As an Apprentice at IBM, you will work alongside experienced professionals to gain hands-on experience and develop your skills in a dynamic and innovative environment. You will contribute to projects, participate in training and development programs, and collaborate with cross-functional teams to drive business outcomes

Apprenticeship Programmes We Offer

Level 4 Junior Management Consultant Apprenticeship

This entry-level program that teaches practical skills and knowledge for a career in management consulting. It's equivalent to a Higher National Certificate (HNC).

Level 6 – Design & Technology Solutions (IT Management for Business, software development)

The scheme combines academic study (equivalent to a bachelor's degree) with practical workplace learning. **REGISTER YOUR INTEREST**

**Mishcon de Reya Solicitor Apprenticeship & Law – Virtual Open Evening, Yrs
12 & 13**

Tuesday, 10th December 2024, 5pm - 6pm

Are you considering a career in law? Join us for an exclusive virtual open evening with Mishcon de Reya, where you'll gain invaluable insights into their Solicitor Apprenticeship Programme and discover how you can start your journey to becoming a qualified solicitor.

Navigating career options, exploring apprenticeship opportunities, and deciding where to train as a solicitor can feel overwhelming. This event is designed to make that process easier by giving you a clear picture of what Mishcon de Reya offers through their 6-year Solicitor Apprenticeship programme, from apprentice to fully qualified solicitor. **Register Here:**

<https://www.surveymonkey.com/r/MdR-open-evening>



Dear Parent/Carer

Please note that if your daughter is in receipt of Free School Meals, her entitlement has been increased to £2.70 per day to be taken at lunchtime only.

Anything over this amount, or food taken at Breakfast or Morning Break, is not covered by the FSM entitlement.

For information on how to apply for Free School Meals, please see page 17.

Also, please be aware that we are a 'Nut Free School' please see below...



Schools & Nurseries

- As nut and peanut allergies are so prevalent in children and because of the risks of food sharing amongst pupils, Accent Catering have a nut free policy in all of our educational locations.
- Accent Catering operate a Nut Free Policy within all Education sites, our Chef / Catering Managers will not use recipes or products where "nuts" are an integral part of the dish.
- The instances of "may contain" or "produced in a factory which handles nuts" applies mainly to constituents of a meal, snack, sandwich (bakery goods) and biscuits. "These products are either identified on saffron database by a semi circle or on the wrapper."
- The child friendly 'Think Allergy' poster should be displayed in the servery area in a prominent position.
- It is the schools responsibility to inform Accent Catering of any children's dietary requirements.

The school should be encouraged to ensure that parents / guardians complete the Accent Catering Dietary Requirements Request Form (CD17) and permit direct communication with the parents / guardians.

- This form should be used as a template to gather information and provide an accurate account of any meetings in relation to Allergen controls relating to a specific person.
- As a minimum any dietary information should be provided in writing. For Primary Schools and Nursery's a recent photograph of the child should be supplied to enable staff to identify the child easily.
- Accent Catering will agree it's nut policy within education sites at a local level with each client and will therefore vary in application.
- This agreement must be agreed in writing and re-visited when anything significant changes.

Please refer to the Accent Manager's Guide to Allergens for more information. All Unit Managers and Senior team members are to read and complete the declaration of understanding and acceptance of the Company Allergen Policy.

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.





Vaccination UK

FLU CATCH-UP COMMUNITY CLINICS

The festive season is a time for travelling, visiting family, and gathering with loved ones – but it's also the perfect opportunity for the flu to spread. With packed trains, busy airports, and close contact at family gatherings, the risk is higher than ever.

Making sure your child has had their flu vaccine is the best way to protect yourself and those you care about.

Stay Well:

Keep the festive spirit alive without the misery of flu.

Protect Others:

Especially children, the elderly, and those more vulnerable.

Stop the Spread:

Help prevent flu outbreaks this holiday season

If your child missed their flu vaccination at school, you can book an appointment at one of our community clinics.

For our clinic locations and contact details for the Vaccination UK team please follow the links below:



<https://www.schoolvaccination.uk/catch-up-clinics>



Vaccination UK

NHS
England

Protect your child this winter from

Influenza

Children's Flu vaccination clinics 2024

Available to
children from
Reception
Year 11

1 To consent your child for a **FREE** vaccine:

We are holding clinics for school aged children at **the following venues** in November this year.

These are free walk in flu clinics, where we are offering the nasal flu vaccine and the gelatine-free flu vaccine.

You can walk in and get the vaccine, or we can book you an appointment. Please contact our team via telephone on the number below:

2 Follow up clinic dates and times:

**Fullwell Cross Library, 140 High Street
Barkingside, IG6 2EA**

Thursday

5th December

3.30pm – 5.30pm

**Redbridge Library, Clements Road
Ilford, IG1 7EA**

Saturday

7th December

10am – 1pm

**Redbridge Library, Clements Road
Ilford, IG1 7EA**

Tuesday

10th December

3.30pm – 5.30pm

**Fullwell Cross Library, 140 High Street
Barkingside, IG6 2EA**

Thursday

12th December

3.30pm – 5.30pm



0203 343 2400 OPT 3

SAFE!

Protect your child this winter from

Influenza

Children's Flu vaccination clinics 2024

Available to
children from
Reception
Year 11

1 To consent your child for a **FREE** vaccine:

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These are free walk in flu clinics, where we are offering the nasal flu vaccine and the gelatine-free flu vaccine.

You can walk in and get the vaccine, or we can book you an appointment. Please contact our team via telephone on the number below:

2 Follow up clinic dates and times:

**Fullwell Cross Library, 140 High Street
Barkingside, IG6 2EA**

Saturday

14th December

10am – 1pm

**Redbridge Library, Clements Road
Ilford, IG1 7EA**

Monday

16th December

3.30pm – 5.30pm

**Redbridge Library, Clements Road
Ilford, IG1 7EA**

Wednesday

18th December

3.30pm – 5.30pm



0203 343 2400 OPT 3

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
	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
Fortnightly	Poetry Club: SFN	1.05 – 1.35p.m.	F3	Years 7/8/9
AFTER SCHOOL	Homework Club: CFI	3.30 – 4.30p.m.	Library	All Years

