



Ursuline Academy Ilford

Weekly News – 2024/2025 Issue 15
20th December 2024



Upcoming Events

School Returns

Monday 6 January 2025
8.40a.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 10 Progress Evening

Monday 27 January
4.00 – 6.30p.m.

Year 7 Progress Evening

Monday 10 February 2025
4.00 – 6.30p.m.



Headteacher's Headlines



Dear Parents & Carers,

We have had a wonderfully joyful week here at the Academy. I'm so grateful to all the families who came to our Carol service on Tuesday night.

The Christmas festivities have been fantastic a real reflection of what a united community we are here at the Academy.

As we end this term I want to thank the following members of staff who are leaving us:

Ms Dellar, Mrs Adamako & Mrs Wood. We will truly miss you all. Ms Selvachadron is going to be the new Head of Year for Year 8 and has been working closely with Mrs Wood in the handover, for the last few weeks.

May I wish everyone who is celebrating a peaceful & joyful Christmas and to everyone in our extended school community a happy new year!

**Fiona Stone,
Headteacher
SERVIAM**



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Chaplaincy News

Pope Francis@Pontifex – 18th December 2024

In these days leading up to [#Christmas](#), I invite everyone to renew our supplication to the Lord, asking Him to grant the gift of peace to our world. [#PrayTogether](#)

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

December: Hope

20th December: Look forward to the great reward which God has prepared for you.

21st December: If you strive with all your might, I have undaunted and firm faith and hope in the infinite divine goodness.

22nd December: Strive, each one for her part, to be faithful and devoted.

23rd December: All your works, being rooted in twofold charity, can bear nothing but good and salutary fruits.

24th December: May you be motivated solely by the love of God.

25th December: Without doubt you will see marvellous things.

26th December: Our every pain and sadness will turn into joy and great gladness.





Chaplaincy News

Christmas Service



The Ursuline Academy Ilford Carol Service



Tuesday 17th December 2024

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Gladys Adomako, Chaplain

Celebrating the Year of Jubilee

This week, I had the privilege of leading the liturgical assemblies across the school, focusing on the upcoming Year of Jubilee which Pope Francis has named Pilgrims in Hope. This extraordinary time in the Church calls us to renew our faith, seek forgiveness, and bring hope to others as we embark on our own "pilgrimages of hope." The assemblies were a wonderful opportunity to reflect on how we, as a community, can live out the values of the Jubilee Year. I was incredibly proud of our students who participated including readers from all year group and the Year 10 and 11 worships bands.

We were also treated to a stunning solo performance on Wednesday morning by **Katherine Lynn**, who sang a solo rendition of the Christmas version of Hallelujah. Her beautiful voice filled the hall, lifting our hearts and reminding us of the joy and hope that this sacred time brings.

As we move into 2025, we will continue to focus on the Jubilee Year across the school. Together, we will explore what it means to be "pilgrims of hope" and take steps to deepen our faith and make a positive impact on our community.

Thank you for your continued support as we guide our young people on this spiritual journey.

Ms Stone, Headteacher



Readers: Amelie Burgess 7R, Milly Jones 8T, Zainab Kayani, 8R, Angel Bamboga 9J, Kyrach Kurien 9J, Aoife Burke 11J, Gabriella Edebor-Asuen 11J

Assembly Performers: Zioni Quansah 10J, Christine Oyekan 10J, Sabeen Hanesh 10J, Charis Torrence 10R, Shruthi Vijay 10J





Pope Francis' prayer for the Jubilee year:

The Jubilee Prayer

**Father in heaven,
may the *faith* you have given us
in your son, Jesus Christ, our brother,
and the flame of *charity* enkindled
in our hearts by the Holy Spirit,
reawaken in us the blessed *hope*
for the coming of your Kingdom.**

**May your grace transform us
into tireless cultivators of the seeds of the Gospel.
May those seeds transform from within both humanity and the whole cosmos
in the sure expectation
of a new heaven and a new earth,
when, with the powers of Evil vanquished,
your glory will shine eternally.**

**May the grace of the Jubilee
reawaken in us, *Pilgrims of Hope*,
a yearning for the treasures of heaven.**

**May that same grace spread
the joy and peace of our Redeemer
throughout the earth.**

**To you our God, eternally blessed,
be glory and praise for ever.**

Amen





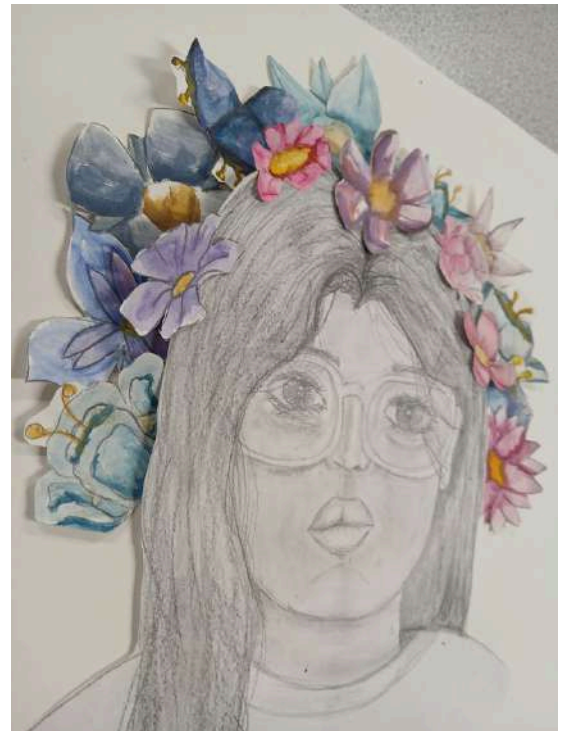
Art News

Artist of the Month Chloe Banting Year 9

Chloe has created a lovely self-portrait that combines beautiful tonal pencil drawing with vibrant 3D watercolor flowers. Students had been studying Art Nouveau, an art movement which looks at nature, flowers and portraiture. They were encouraged to produce a self portrait linked to this early 20th century style.

This unique blend of bright colourful flowers set against Chloe's black and white portrait gives an extra surreal quality to her artwork. Chloe said that she was "inspired by the symbolism of flowers" and that she wanted her "colourful flowers to represent a bright and glorious new year ahead"

Well done Chloe and a happy 2025!





Christmas Disco





Christmas Jumper Day





Christmas Lunch



Islamic Society

End of term celebrations

We are incredibly proud of our dedicated members of the Islamic Society Club, who were recognised with certificates for their hard work and commitment throughout this term. Meeting every Wednesday lunchtime, the club fosters friendships, respect, inclusivity, and strong bonds among students.

In a special session this week, the children embraced the festive spirit by wearing their Christmas jumpers playing chess, trivia, boards games and engaging in meaningful discussions about the importance of Social Catholic teachings at Ursuline School.

A big thank you to **Nuha, Mietursha, Jiya, Fatima, Nia** and **Laiba** for their support this term and the Islamic Society teachers for their planning and guidance.

The girls wanted to send a heartfelt message of thanks to Ms Stone for her continued support and wish all staff and families a Merry Xmas and a happy new year! Serviam!



Science Club

Bath Bombs!

This week we got messy again and made bath bombs. These were solidified in the fridge. We even managed to use a heart shaped tray to give us the shape for the moulds. It is essentially several ingredients all mashed together into a particular shape including some food colouring and essences that will give it a nice smell. When dropped into water there will be a chemical reaction within the ingredients (notably the sodium bicarbonate and citric acid) and the water and we should get a lot of fizzing!



Mr Uddin & Ms Agudelo



Drama News

On Thursday 12th December, the Year 10 GCSE Drama students went to see the acclaimed production of *Hadestown* at the Lyric Theatre.

This amazing show fused storytelling, music, song and dance to create a spectacular interweaving of two Greek Tragedies. The production was brilliant – from the dazzling set, the fantastic performances, from the talented cast and the crowd-pleasing song and dance numbers. The Year 10 students thoroughly enjoyed the show and are busy evaluating it in preparation for their written examination for the Drama GCSE.

Thank you to **Miss Heybrock** and **Miss Kondoker** for accompanying the trip.



Ms Milne, Subject Lead, Drama



Foodbank Donations

On behalf of the entire chaplaincy team, I want to express my sincere thanks to all who contributed to Food bank and Ursuline Links call for Refugees.



Thank you to Mr Probert for driving us in the mini bus to drop off our donations to the Foodbank!



Gladys Adomako, Chaplain



Food Bank contributors

HAFSA 11J SEMLADE 7J MISS FILIPE NITHIA
8T ZARA 7J SNEGA CARMEN 8T HADIA 7R
VEERAIEY ANABIA 8T GABRIELLA 7R
ARAVJAH ANOUSHA ALI 8C SALIHA 7R HIBA
8R SOFIA 8C MVIYAH 7R VLLAH 8R DIA
8C MEERA 7R ANASTAIA 8R MATHUIREENA
8C MANEL 7R LILAA 8R CHIDERA 8C
FREESHA 7R AMMARA 8R SAFA 8C
SHARIKA 7R MR BALAJI AUDRIELLE 8C
HAFSA 7C LIBA 10C UMEED 7C EMA 10C
JISHA 7C SAFA SAKHAN 10C SUMAYYAH 7C
SAFA SALIHA 10C ISHIKA 7C GABRIELLA 10C
THERESE 7C NICOLO 10C ELIZAH 7C
FATIMA 10C ANNABEL 11T TASPEYA 10C
MARYAMA 11T MR MORRIS ATWISHAIYA 11T
ALSLBA 10C HEATHER 11T AMMARA SHRADDUA
SYRA KHAN SEMIDORE ROMAISA SHAHID
AMBAR SAARA MALIK MRS HERBERT
GABRIELLA 11J ANYA, MS POSNAKIDOU, MRS
KODI PEKU ANAYA MARIYA MS STONE



Kooth Information



Dear Parent/Carer,

Please find below a letter from Kooth about wellbeing support for students and families during the holiday period.

With the winter break fast approaching, at Kooth Digital Health we appreciate there will be some young people who may struggle during the holidays without the access to the daily pastoral support, teaching staff and friends that the school community provides. Seasonal illness and the closure of many services at this time of year can also lead to extended wait times for support across both adult and young people's NHS and community services.

WE ARE STILL HERE.

Kooth Digital Health offers free and anonymous therapeutic mental health and wellbeing support to young people in **Northeast London aged between ages 10- 18**. Funded and endorsed by the [NHS Integrated Care Board], our services remain available over the winter period, offering 'on the day' wellbeing support from the comfort of your own home, via any web-enabled device via the following website-

**Ages [10-18 in Northeast London
including Barking & Dagenham, Havering,
Newham and Redbridge.]**



www.kooth.com

Kooth offers free access to online text-based practitioner chats, self-help tools and activities, journal spaces and advice from our non-judgemental, safe and moderated peer: peer communities.

With no threshold, waiting list or referral process, young people can access support for ANY issues they may be experiencing. These may include body image, self-esteem, loneliness, bereavement, academic pressures, stress, anxiety, friendships, sexuality, life changes etc.

The registration process is quick, anonymous and safe, simply by registering at www.kooth.com using non-identifiable information.

Kooth delivers 1000's of online wellbeing sessions each year in Local Authorities across the UK. As 50% of referrals to CAMHS are unfortunately deemed inappropriate to their criteria, Kooth gives schools, professionals and families an alternative way of ensuring children and young people can access free support when they need it, in a way that they find comfortable to access, via any web-enabled device.

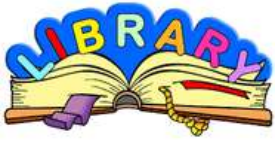
If you have any questions regarding the service, please contact me in school – lgardiner@uai.org.uk . Or if you would prefer to contact Kooth directly, simply email parents@kooth.com. A selection of Parent/Carer resources can be accessed using this link: [Kooth. Parent & Carer resources](#)

Kind Regards

Ms J Gardiner

SENCO

The flyer features the Kooth logo at the top left, followed by the text 'Need support this winter? We're here to help.' Below this, it states: 'Winter can bring many challenges, but you don't have to face them alone. Kooth is here to support you. Visit Kooth for free, confidential, and non-judgemental support whenever you need it. Let's get through this winter together.' The flyer also includes the bacp Accredited Service and NHS Providing NHS services logos at the top right. On the right side, there is an illustration of a person standing under a dark umbrella in the rain, surrounded by speech bubbles containing the terms: 'Loneliness', 'Anxiety', 'Low Mood & Depression', 'Money worries', and 'Family Struggles'. The Kooth website URL 'kooth.com' is visible at the bottom left of the flyer.



Library News



*Wishing you a very Merry **Reading** Christmas
From Myself and all my Sixth Form Library Elves!*

Ms Finlay, Librarian



MFL News

Joyeux Noël/ ¡Feliz Navidad!

8J's advent calendar French Quiz. Everyday a member of the Form wins a chocolate if they can answer a French related question. The calendar was kindly decorated by our ambassadors: **Anailza, Riya, Liyana,** and **Jasspreet**



8J Christmas card for the Competition. Special well done to **Fatima Nawazi** for her hard work on this.



8J Christmas Jumper Day



**Joyeux Noël et Bonne Année!
¡Feliz Navidad and Feliz Año Nuevo!
Merry Christmas and Happy New Year!
From the MFL Department and its Ambassadors**

Ms Grassi, Subject Lead, MFL



PE Star of the Week

Danika Achigasim IIT

Danika is an exceptional student who does well in both theory and practical lessons. Her leadership skills shine during practical lessons, where she actively demonstrates tasks and techniques, fostering a collaborative and supportive learning atmosphere. Beyond the classroom, Danika's confidence and expertise are evident in her ability to umpire or referee matches with precision.

Keep up the fantastic work, Danika!



Religious Studies Work: Autumn Term

This Term in Religious Studies lesson Key Stage 3 classes have studied a range of topics. Year 9 Have completed work learning about the sacraments of Vocation: Marriage and Holy Orders. Year 8 classes have been learning about Jesus greatest commandment; to love others as you love yourself, and great Christians that have lived out this commandment such as Nelson Mandela.



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Year 8 News

Year 8 Ultimate Christmas Card competition

Year 8 were challenged to design the ultimate Christmas card – they certainly did this!!

Each form designed a card, so it was a real team effort.

The voting is currently taking place and the winner will be announced in the New Year.

We are not sure how much the postage will be for the fireplace entry!!

Mrs Wood
HOY 8





Careers News

The National Audit Office's (NAO) Apprentice Accountancy Training Scheme



The National Audit Office's (NAO) Apprentice Accountancy Training Scheme

is now open for applications 🚀 — but hurry, the deadline is **31/03/2025 (11:59 PM)**.

As the **UK's independent public spending watchdog**, the NAO plays a vital role in supporting Parliament to hold the government to account and improve public services through their high-quality audits.

They report on issues that matter to citizens – for example, their work on **government's progress in achieving net zero**, and their report on the **condition of school buildings**

Apply today!

Medical Extracurricular Opportunities - For students in the 10-13

- Free NHS Virtual Work Experience
- Free Volunteering Placements with the Royal Medical Benevolent Fund
- Free National Study Skills E-learning
- Free Wider-reading Webinars
- Free Weekly Careers Webinars by Doctors and Dentists
- Free Equality, Diversity, and Inclusion E-learning Course for Healthcare Professionals.

You can access these extracurricular opportunities by signing up for a free student portal: <https://medicmentor.org/the-medic-mentor-portal-2/>

You can also further explore the wide range of extracurricular opportunities available through this link: <https://medicmentor.org/medical-extracurricular-activities/>

Explore inspiring stories of previous student's success stories:
<https://medicmentor.org/successful-student-journeys-reviews/>

The Sixth Formers Guide to Degree Apprenticeships



The Sixth Formers Guide to Degree Apprenticeships is a free 100-page digital guide for Year 12 and Year 13 students, their parents, and careers professionals at schools & sixth form colleges.

The new guide explains how degree apprenticeships can provide sixth form school-leavers with a debt-free university degree and a guaranteed graduate job in sought-after professions such as accounting, engineering, banking & finance, law and technology.

[Read the Guide Now](#)

EDF Apprenticeship Vacancies Open On 27th December!

EDF are opening for applications on the **27th December 2024**, so if you're interested in:



Nuclear Engineering, Cyber degree apprenticeships, Countryside Ranger and Worker roles, Chemistry degree apprenticeships, Associate Project Management, HR and Construction roles, plus many more - make sure you set a reminder for the 27th December!

These are just some of the amazing apprenticeships that will be live, but for details of everything available, please keep an eye on the EDF website and sign up for job alerts to be kept up-to-date throughout December and January.

And don't forget, **applications close on the 31st January**, so make sure to get yours in with lots of time to spare!

Explore EDF's Meet The Employer Profile

EDF's profile on the new Meet the Employer platform allows you to explore the skills they're looking for in their apprentices, their application processes, the help and support available to apprentices, behind-the-scenes apprentice experiences, and much more! <https://www.amazingapprenticeships.com/employers/edf>

Webinar Catch-Up & Helpful FAQs

Watch our recent webinar to meet the Early Careers team at EDF and learn more about their exciting apprenticeship opportunities. Find out more about EDF's early careers programmes with these helpful [Frequently Asked Questions!](#)

Visit EDF for more...

Interested in a Career with EDF?

At EDF, success is personal. With a diverse range of early careers programmes, ranging from Nuclear Engineering to Business Administration, Cyber Security to Environmental Management, EDF offer multiple career paths and empower you to shape your own journey.

Find out more about EDF's apprentice roles by visiting the careers website below...

[Apprenticeship schemes in the UK energy industry | EDF](#)

Apprenticeship spotlight 12th February 2025, 5pm



A spotlight on a range of apprenticeships and roles, apprenticeship levels, employer examples, salary ranges, and finding a balance between work and study elements

[BOOK NOW](#)

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
	IT 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	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
	IT 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
	IT 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

