



Ursuline Academy Ilford

Weekly News – 2024/2025 Issue 16
10th January 2025



Upcoming Events

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,

This week, I led assemblies for the Feast of the Epiphany, a moment to reflect on the journey of the Magi and their pursuit of truth and justice. We explored how their story inspires us to live out our Ursuline virtues, particularly this half term's focus on leading for justice. Rooted in Catholic Social Teaching, we reflected on how we can bring light to others through our actions, standing in solidarity with those in need and striving to create a fairer, more compassionate world. It was wonderful to see students engage thoughtfully with these ideas and consider how they can embody these virtues in their daily lives.

As we begin the new year, it's an opportunity for all of us to reset and focus on the high standards that underpin our school community. Each morning, students have been reminded about the importance of adhering to our rules around mobile phones and uniform. Phones must remain switched off and kept at the bottom of bags during the school day; any deviation from this policy may result in confiscation.

Fiona Stone,
Headteacher SERVIAM





Newsletter Contents this week:

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Chaplaincy News

Pope Francis@Pontifex – 9th January 2025

A diplomacy of hope is, in the end, a diplomacy of justice, without which there can be no peace. The Jubilee year is a favourable time to practice justice, forgive debts, and commute the sentences of prisoners.

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

January: Trust

10th January: Have hope and firm faith in God, who will help you in everything.

11th January: Hold this for certain: that Jesus Christ will never abandon this Company as long as the world lasts.

12th January: God will never fail to provide for their needs, so long as nothing is lacking on your part.

13th January: In times of great need, true friendship is recognised.

14th January: I have undaunted and firm faith and hope in the infinite divine goodness.

15th January: God alone knows what you need, and can and wants to provide for you.

16th January: Keep to the ancient way and custom of the Church, established and confirmed by so many Saints under the inspiration of the Holy Spirit.





Chaplaincy News



Ursuline Student Profile- Leading for justice

Half term 2a
Spring 2025

This term we will focus on the virtue of not only living justly with one another but also leading, influencing, encouraging others to live justly in their daily lives with themselves and others. This important virtue is widely held by all peoples and in places, but too often, we are quick to point out when justice is missing, and sometimes slow to ensure justice is promoted. Pope Benedict wrote in his encyclical *Deus Caritas* (God is Love) 2005. **"Building a just social and civil order, wherein each person receives what is his or her due,"** he writes, **"is an essential task which every generation must take up anew."**

As Christians it is our responsibility to try and make our world more just. We are reminded of Jesus' teaching in the Synagogue **"I am bringing the good news to the poor... to release the captives and to let the oppressed go free" (Luke 4)**. We must be attentive to the needs of others and share our resources with anyone who needs them. Fighting for justice is not something only rooted within the Christian Church or Bible. In fact, it is a worldwide initiative to fight for what individuals know is truly right. The girls will undertake study and debate about a variety of topics connected to social justice in RE lessons and across the school as well as in assemblies and form time.

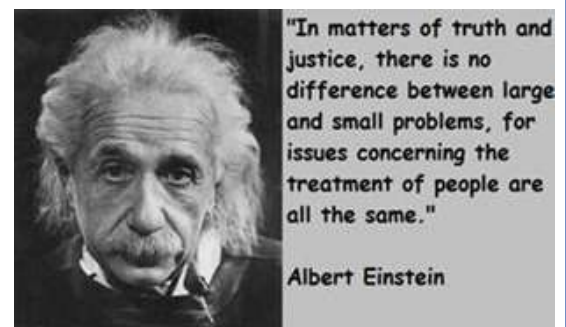
Social justice aims to grow the Kingdom of God on earth, here and now. Using our voice and influence to conquer injustice.

"The best way to fulfil our obligations of justice and love is to contribute to the common good. According to ones means and the needs of others" (Catholic Bishops at the Second Vatican Council)

Every human being in this world has been created in God's image and is worth of dignity and respect. If we know that this is not the case and people are not being treated correctly, it is our duty to fight for justice on their behalf and fight for the common good. Everyone has a voice and deserves to be heard, it is through patient discussion with one another that we can truly appreciate the other person's point of view and better understand our own beliefs and values.

Ask yourself, 'how can I better contribute to the common good in my life?'

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



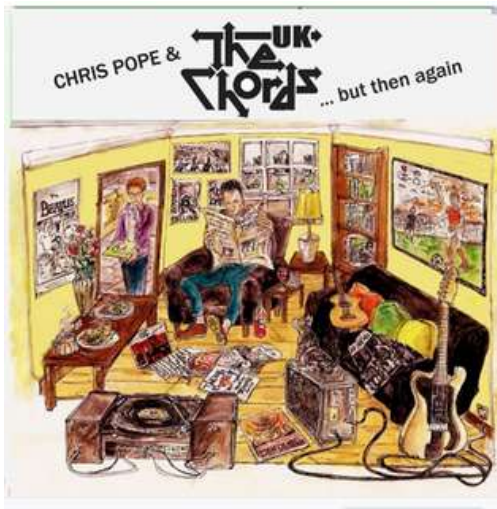


Art News

Ex-Student and Head of Art create Album Cover for Chords UK

Former A-level student **Lily Harwood** has teamed up with her art teacher, Mr Butler, to design the cover for The Chords UK's upcoming double album, *But Then Again*, which will be released on 1st February. The 80's band will be launching their album in London at the 100 Club, followed by a UK Tour.

Lily, who studied A level Art was ideal for the task "Her art folder stood out—it had *London Calling* by The Clash painted on it," Mr Butler said. "She's always had a passion for music and art, and it really shows in the work she's done for the album."



There are six illustrations in this triple CD / double vinyl album, adding her fresh, modern style to the band's punk-inspired vibe. Mr Butler added detail from the era and Lily's work brought a youthful approach in the style. "**Her input was key to getting the likeness of the band right**" Mr Butler said.

The Chords UK made a huge impact in the early 80s despite only being around for a few years. Pope's songwriting, heavily influenced by 60s Britpop and 70s punk rock, continues to be relevant today.

Lily said, "**It was great to have been given this opportunity and to have been a part of the design process.**"

We wish Lily all the best in the future and well done!



Mr Butler, Head of Art

An Epic Celebration of Talent: Odysseus Comes to Life 🎵🎨

This month, our club took a creative dive into the legendary adventures of Odysseus with a stunning showcase of talents inspired by the musical Epic. From a rousing performance of one of its most iconic songs (click on link below!) to breathtaking drawings that captured the hero's journey, our students demonstrated their artistic brilliance in every medium.

Whether through music or visual art, each contribution brought a unique perspective to the story of Odysseus—highlighting courage, resilience, and imagination.

Join us as we celebrate this extraordinary fusion of creativity and talent and take a closer look at the incredible work that made this event truly unforgettable.

Pupils voice:

'I sang the challenge from epic the musical which is a musical based on the Odyssey, and I loved it'

Charis, 10R

'I played the guitar for the song 'the challenge' from Epic the Musical with my friend Charis, it was so fun!!'

Shruthi, 10J

Student Performance of Odysseus



Ms Posnakidou, Teacher of RE



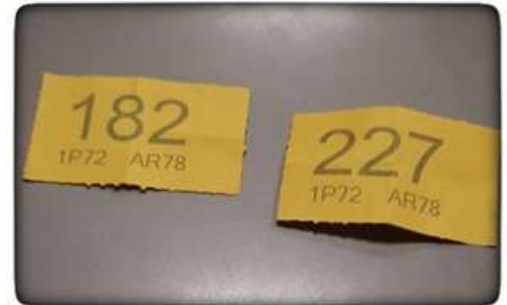
MFL News

Bonne Année! ; Feliz Año Nuevo! Happy New Year!

Raffle winners!



Riya and Liyana (8C) drawing the winning tickets.



Congratulations **Ammaarah Mater** (7T) and **Dia Saini** (8C) who won our raffle.

Dia won a *Buche de Noël*, beautifully decorated by **Chidera** and **Cailyn**, two of our Language Ambassadors from 8C.



Ammaraah won a French Christmas inspired hamper, including French biscuits, chocolate, a candy cane and a Hello Kitty!

The hamper was carefully prepared by **Nancy Rola** (9C) and **Riya Deshpande** (8J).

Ms Grassi, Subject Lead, MFL

The logo for 'Mind of the Student' is enclosed in a hand-drawn rectangular box. The words 'mind of the' are written in a dark blue, lowercase, sans-serif font, and 'student' is written below it in a bright pink, lowercase, sans-serif font.

Mind of the Student Workshops

Dear Parent/ Guardian,

On Friday 17th January, we have representatives from the 'Mind of the student' charity visiting the school to deliver workshops to year 7 to 10 pupils. The workshops will last for one hour minimising the impact on learning time and will be delivered to one year group at a time. Please see a message from the charity, providing more information about the workshops:

We are excited to inform you that your child will soon participate in a Mind of the Student mental health workshop at their school.

Mind of the Student (MOTS) gives young people the confidence to speak about their mental health. We do this by delivering a school-wide mental health programme, which equips young people with the knowledge, confidence and skills to recognise and address their own mental health needs.

The workshop will cover a range of crucial mental health topics, including depression (all years), anxiety (all years), confidentiality (all years), social media (years 7, 8, and 9), and exam stress (years 10-13). Each session is carefully designed to provide comprehensive education and equip students with valuable tools to manage their mental well-being independently.

If you would like further information about these workshops, please do not hesitate to contact me.

Kind regards,

Mrs Julia Gardiner
Assistant Headteacher
SENDCo and Inclusion

A second instance of the 'Mind of the Student' logo, identical to the one at the top left, featuring the text 'mind of the student' in blue and pink within a hand-drawn box.

advancing mental health
education in schools.

Year 8 (8C & 8R) Students Shine: A Creative Tribute to Nelson Mandela

This week, our talented Year 8 students showcased their creativity and understanding of history by designing thought-provoking posters and engaging newspaper articles about Nelson Mandela.

The project was part of their study of Mandela's life, legacy, and impact on the world. Through their work, students demonstrated a deep appreciation for Mandela's fight for justice, equality, and peace.

Here's what some of their incredible work included:

Posters: Students used vibrant colours, striking designs, and powerful quotes from Mandela to illustrate his journey from a revolutionary to a global icon of freedom.

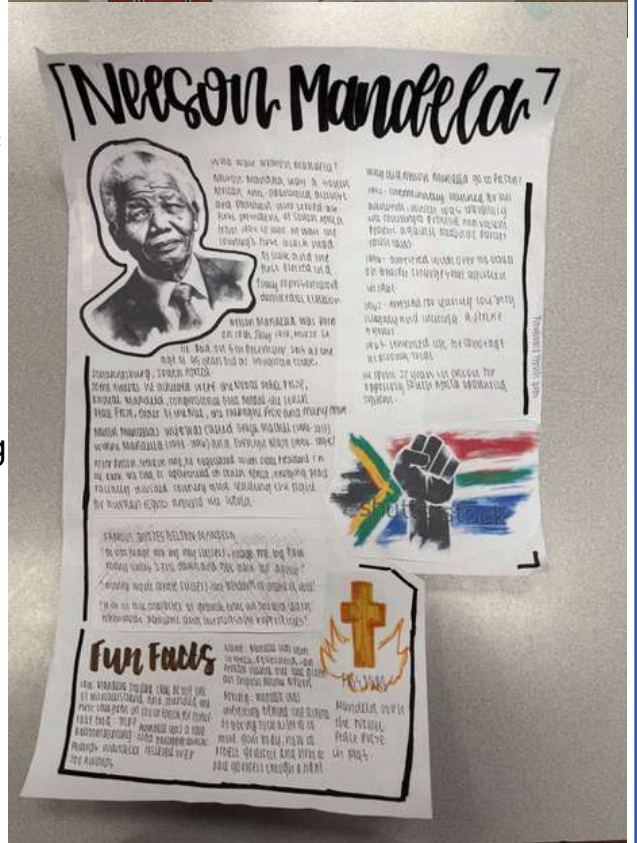
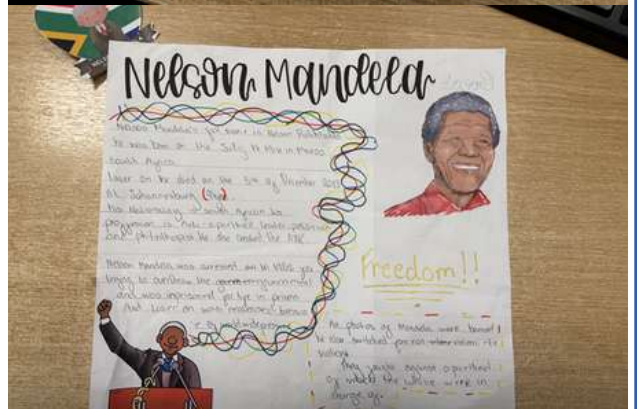
Newspaper Articles: Written in the style of historical reporters, these articles captured key moments of Mandela's life, such as his 27 years in prison, his role in dismantling apartheid, and his presidency.

These projects not only honed the students' artistic and writing skills but also deepened their empathy and understanding of the values Mandela stood for.

This inspiring project also beautifully aligns with our school virtue for this term, **Leading for Justice**, as students explored Nelson Mandela's unwavering commitment to fairness and equality through their creative work.

We're incredibly proud of their efforts. Let's celebrate their creativity and dedication in honouring a global hero!

Ms Posnakidou, Teacher of RE





Relationship & Sex Education

Relationships and Sex Education. (RSE)

During PSHE and RE lessons this half term students in Year 7 to 11 will have an opportunity to explore a range of interesting and important issues around relationships, marriage and sex education. The school will use the resources created by Ten Ten to deliver a high-quality series of age appropriate lessons. Additionally, if you wish, you may log in and view the materials, please use the link below. All teaching on RSE is in line with the teachings of the Catholic Church and we use teaching resources that are approved by the Catholic Education Service. If you do have any concerns, please would you contact your daughter's Head of Year in the first instance.

Username: ursuline-academy-ig1

Password: october-feast.

Parent Portal <https://www.tentenresources.co.uk/parent-portal/>

The Heads of Year Team





Reminder of 'Rules'!

Mobile Phones:

- Should never be visible in school
- Should never be used in school
- Should never be switched on in school

If a student breaks the above rules, the phone will be confiscated and kept until the end of the next school day when a parent or carer will need to attend school to have the phone returned. (if phone is confiscated on a Friday this means the next school day is Monday)

Several phones have been confiscated recently due to girls being caught using them including to record videos in the toilets. We are constantly monitoring CCTV around the building to ensure these rules are adhered to.

If you do not want your phone to be confiscated, **leave it at home or switched off in your bag.**



What are the uniform items you must wear?



- School blazer with **SERVIAM** badge pinned to the lapel
 - White shirt/blouse
 - School V-neck sweater or cardigan
 - Blue school skirt – worn to the knee or UAI School trousers
 - White or Navy knee length socks or black or navy tights
 - Black, flat-heeled school shoes [leather or leather appearance].
 - Head coverings must be blue or black
 - Cloth coats [no real or imitation leather] must be plain black or blue and should be longer than the blazer
 - Hair must be 'natural' colours only
- Optional:** two plain studs worn in the lobe of each ear, a small religious symbol on a thin plain chain, a watch.



What are you not allowed to wear?

- Additional jewellery
- Nail polish or nail extensions
- Make-up
- False eye lashes or eyelash extensions
- 'Hoodies'
- Leggings
- Socks over tights
- Hair accessories must be black, blue or clear only
- Sweaters must be worn correctly and not tied at the back





Ursuline
Academy
Sixth

UA6 Open Evening

THE URSULINE ACADEMY ILFORD

A Catholic Academy for Girls aged 11 – 19 in the Diocese of Brentwood

Headteacher: Ms Fiona A Stone BSc (Hons) MA NPQH



Dear Parents and Carers of Year 11 Students,

I am delighted to invite you to the **Open Evening for our newly re-launched Sixth Form, UA6, on Thursday, 23rd January 2025**, starting at **5:00 pm**. To help us plan this exciting event, we kindly ask that you confirm your attendance by completing this short form: <https://forms.office.com/e/ckjDb48y7L>.

This evening is a wonderful opportunity for you and your daughter to learn more about what UA6 has to offer, including the exciting developments we've implemented to make it a competitive and outstanding place to study.

The event will begin with a **welcome address by myself, at 5:15 pm**, followed by inspiring contributions from our **Head Girl, Deputy Head Girl, and current Year 12 students**, who will share their experiences and provide a true flavour of life at UA6.

UA6 continues to grow in strength, with **outstanding results in August 2024** and a **raised grade profile in our current Year 12 cohort**, the strongest in several years. These achievements reflect our commitment to excellence and our vision of preparing students for their next steps, whether they pursue **university, apprenticeships, or industry careers**.

We are proud to offer tailored pathways to suit all aspirations:

- **Scholarship Pathway** for high academic achievers.
- **Apprenticeship/Industry Pathway** for students aiming to enter the workforce or gain practical experience.
- **University Pathway** to support students aspiring to higher education.

Please note that students wishing to apply for the **Scholarship Pathway** must also complete the additional Scholarship Application Form [Link to Scholarship Application Form on website](#)

Important Information:

- **Application Deadline:** Friday, 14th February 2025. [Link to application form on website](#)
- **Interviews:**
 - For internal candidates: During the school day from **25th February 2025** onwards (times and locations will be provided in advance).
 - For external candidates: **Thursday, 27th February 2025, from 4:00 pm to 6:00 pm**.

We are excited about the opportunities UA6 provides and hope to see you on the evening to discuss how your child can thrive in our supportive and ambitious Sixth Form.

Warm regards,

Fiona Stone
Headteacher



success in learning for all



Careers News

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

EDF are open for applications

EDF are open for applications in many different areas, covering lots of different roles, including:

Nuclear Engineering, Cyber degree apprenticeships, Countryside Ranger and Worker roles, Chemistry degree apprenticeships, Associate Project Management, HR and Construction roles - plus many more!

These are just some of the amazing apprenticeships that are currently live, but for full details of everything available, please visit the EDF website.

Applications for some roles close on the 31st January, so make sure you check the deadline carefully for each advert, and remember to get your application submitted with lots of time to spare!

FIND OUT MORE

National Work Experience Week 13th – 17th January 2025

Yrs 7-9: Tuesday 14th January at 4.30pm (virtual session hosted on MS Teams)

“Quick with the facts, help the NHS be swift to react!”

- A 45-minute briefing with the NHS team
 - Complete the career challenge at their own pace
 - Certification awarded on completion
- [Register now!](#) (students)

Yrs 10–13: Wednesday 15th January at 5pm (virtual session hosted on MS Teams)

After a sudden bump and fall, should they visit A&E or is first aid enough for all?

- A 45-minute briefing with the NHS team
 - Complete the career challenge at their own pace
 - Certification awarded on completion
- [Register now!](#) (students)

Lloyds Banking Group: Apprenticeships across the UK

Students can apply for an apprenticeship with LBG to earn while they work towards industry-recognised qualifications in roles like Investments, Audit, and Accounts Technician. Opportunities available in offices across the UK. [Apply by 19 Jan](#)

Dunelm Vacancies Opening Soon

Dunelm apprenticeship vacancies are opening for applications on 20th January! There are six amazing apprenticeship schemes opening, including Buying & Merchandising, Digital Marketing, Supply Chain & Logistics, Retail, Insight & Analytics and Commercial Data Analyst!

<https://www.amazingapprenticeships.com/employers/dunelm/>

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.





Lunch Menus

MAINS *Only £2.50*

Week One: 06/01/2025, 27/01/2025, 24/02/2025, 17/03/24

MON	TUE	WED	THU	FRI
PORTUGUESE PLATES Peri-Peri Chicken with Lemon & Herb Sauce (G,Su,E,Ce) Vegan Peri-Peri Squash with Lemon & Herb Sauce (G,Su,E,Ce) Spicy Wedges (Mu) Crushed Minty Peas Extras: Toasted Pitta Bread (G) Grilled Haloumi (M)	HOME COMFORTS Beef Cottage Pie (G,So,Mk,Ce) Vegan Cottage Pie (G,So,Mk,Ce) Roasted Root Vegetables Garden Peas Extras: Crusty Baguette (G)	ROAST Roast Chicken Dinner with Stuffing & Chicken Gravy (G) Roasted Winter Root Vegetable Wellington with Stuffing & Vegetable Gravy (So,E,G) Crunchy Roast Potatoes, Carrots & Kale Extras: Yorkshire Pudding (G,E,Mk)	ASIAN FLAVOURS Sticky Turkey Chow Mein with Crunchy Toasted Seeds (G,So,Mu,E,Ce) Sticky Vegetable Chow-Mein with Crispy Tofu (G,So,Mu,E,Ce) Vegetable Stir Fry with Crunchy Beansprouts (So,G) Extras: Prawn Crackers (Su,Cr) Spring Rolls (G,So,Mk,E,Ce)	FISH & CHIP SHOP Battered Fish Fillet (G,F) Jumbo Sausage (G,Su) Vegan Homemade Pea & Potato Samosa with Raitha (G) Chips Peas Baked Beans Extras: Chip Shop Gravy Curry Sauce (Mk,So)



Meal Deal
Only £2.70

Check out what's on offer today, available for free school meals!

GLOBAL EATS *From £2.50*

MON	TUE	WED	THU	FRI
Sliced Tomato and Cheese Panini (G,Mk)	Chicken Beyti Flatbread (G,Mk,So)	Pepperoni and Mozzarella Panini (G,Mk)	Fully Loaded Cheeseburger with Crispy Pickles (G,Se,Mk)	Mozzarella Panini (Mk,G)

DESSERTS

MADE FRESH DAILY

MONDAY
Lemon Blondie (G,E)

TUESDAY
Sticky Baked Jam Doughnut (G,Su)

WEDNESDAY
Oaty Pear Crumble & Custard (G,E,Mk,So)

THURSDAY
Chocolate Sponge Pudding (G,E,Mk,So)

FRIDAY
Somerset Apple & Cinnamon Cake (Mk,E,G)

£1.40

Daily Pasta Bar

Slow Cooked Beef Bolognese (G)
Tomato and Basil (G)
Mac 'n' Cheese (G,Mk)

Served with
Home baked Garlic Bread (G,So,Mk)
Pesto (Mk) & Cheese (Mk)

Med £2.20 / Large £2.50

ALLERGENS

we're always here!

Ce = Celery
Cr = Crustacean
E = Eggs
F = Fish
G = Cereals containing Gluten
L = Lupin
Mk = Milk

Mo = Molluscs
Mu = Mustard
N = Nuts
P = Peanuts
Se = Sesame Seeds containing Gluten
So = Soya
Su = Sulphur Dioxide

Speak to one of our chefs if you have any allergies.

MAINS *Only £2.50*

Week Two: 13/01/2025, 03/02/2025, 03/03/2025, 24/03/2025

MON	TUE	WED	THU	FRI
FIESTA FLAVOURS Smoky Chilli Con Carne with Crushed Tortillas (Mu) Vegan Smoky Veggie Chilli with Crushed Tortillas (Mu,So,Ce) Golden Jewelled Rice BBQ Beans (G,So) Extras: Flour Tortillas (G) Grated Cheese (Mk)	KATSU KITCHEN Panko Chicken Katsu with Curry Sauce (G,E,So) Panko Sweet Potato Katsu with Curry Sauce (G,E,So) Steamed Rice Asian Salad Extras: Prawn Crackers (Su,Cr)	HOME COMFORTS Chicken Sausages with Onion Gravy (G,Su) Grilled Vegan Sausages with Onion Gravy (So) Creamy Mashed Potatoes Green Beans Extras: Yorkshire Pudding (G,E,Mk)	MASALA MOMENTS Chicken Tikka Masala with Mango Chutney Crispy Paneer Tikka Masala with Mango Chutney (Mk) Pilau Rice Onion Salad Extras: Nan Bread (G)	FISH & CHIP SHOP Battered Fish Fillet (G,F) Sausage Roll (G,Mk,So,Su) Vegetable Spring Roll with Sweet & Sour Sauce (G,So) Chips Peas Baked Beans Extras: Chip Shop Gravy Curry Sauce (Mk,So)



Meal Deal
Only £2.70

Check out what's on offer today, available for free school meals!

GLOBAL EATS *From £2.50*

MON	TUE	WED	THU	FRI
Cheese and Tomato Panini (G,Mk)	Fish Finger Bap with Tartare Sauce & Salad (G,E,F,Se)	African Jollof Rice with Chicken	Spicy Turkey Tacos	Cheese and Tomato Panini (G,Mk)

DESSERTS

MADE FRESH DAILY

MONDAY
Raspberry and Coconut Sponge (G,E,Mk,Su,So)

TUESDAY
Pineapple Cupcakes (G,E,Mk)

WEDNESDAY
Apple Crumble & Custard (G,E,Mk,So)

THURSDAY
Banana & Toffee Cake (G,E,Mk,So)

FRIDAY
Chocolate & Beetroot Brownie (G,E)

£1.40

Daily Pasta Bar

Slow Cooked Beef Bolognese (G)
Tomato and Basil (G)
Mac 'n' Cheese (G,Mk)

Served with
Home baked Garlic Bread (G,So,Mk)
Pesto (Mk) & Cheese (Mk)

Med £2.20 / Large £2.50

ALLERGENS

we're always here!

Ce = Celery
Cr = Crustacean
E = Eggs
F = Fish
G = Cereals containing Gluten
L = Lupin
Mk = Milk

Mo = Molluscs
Mu = Mustard
N = Nuts
P = Peanuts
Se = Sesame Seeds containing Gluten
So = Soya
Su = Sulphur Dioxide

Speak to one of our chefs if you have any allergies.



Lunch Menus Continued...

MAINS

Only £2.50

Week Three: 20/01/2025, 10/02/2025, 10/03/2025, 31/03/2025



THEME BARS
-PLUS DAILY-

JACKET
POTATOES
& SALAD BAR



Daily Pasta Bar

Slow Cooked Beef Bolognese (G)
Tomato and Basil (G)
Mac 'n' Cheese (G,Mk)

Served with

Home baked Garlic Bread (G,So,Mk)
Pesto (Mk) & Cheese (Mk)

Med £2.20 / Large £2.50

ALLERGENS

we're allergy aware!

Ce = Celery
Cr = Crustacean
E = Eggs
F = Fish
G = Cereals containing Gluten
L = Lupin
Mk = Milk
Mo = Molluscs
Mu = Mustard
N = Nuts
P = Peanuts
Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide

Speak to one of our chefs if you have any allergies.



DESSERTS

MONDAY
Chocolate Marble Cake (G,Mk,E)
TUESDAY
Banana & Choc chip Sponge (G,E,Mk,So)
WEDNESDAY
Lemon Curd Cake (G,E,Mk,So)
THURSDAY
Sticky Toffee Pudding (G,E,Mk,So)
FRIDAY
Coconut & Lime Shortbread (G,Su)

£1.40

MON	TUE	WED	THU	FRI
<p>AMERICAN DINER</p> <p>Hot Dogs with Yellow Mustard Crispy Onions & Jalapenos (G,Mu,Se,Su)</p> <p>Veggie Hot Dogs with Yellow Mustard Crispy Onions & Jalapenos (G,Mu,Se,Su,E)</p> <p>Baked Potato Wedges Southern Style Coleslaw (Su,Mu,E)</p> <p>Extras: Onion Rings (G)</p>	<p>SOUTH AFRICA</p> <p>Cape Malay Chicken Curry (G)</p> <p>Vegan Chakalaka (Soweto Chilli)</p> <p>Fragrant Yellow Rice Tangy Bean Salad</p> <p>Extras: Mealie Bread (G,E,Mk,So)</p>	<p>ROAST</p> <p>Slow Roast Turkey with Stuffing & Roast Gravy (G)</p> <p>Vegan Winter Root Vegetable & Kale Filo Parcel (G)</p> <p>Crispy Roast Potatoes Baked Carrots & Parsnips</p> <p>Extras: Yorkshire Pudding (G,E,MK)</p>	<p>WRAP STATION</p> <p>BBQ Pulled Pork Wrap (G,Ce)</p> <p>Vegan BBQ Vegetable Wrap (G,Mu)</p> <p>Spicy Rice (Ce)</p> <p>Roasted Corn & Pepper Salad</p> <p>Extras: Tortilla Chips</p>	<p>FISH & CHIP SHOP</p> <p>Battered Fish Fillet (G,F)</p> <p>Roast Chicken</p> <p>Cheese & Onion Turnover (G,F,E)</p> <p>Chips Peas Baked Beans</p> <p>Extras: Chip Shop Gravy Curry Sauce (Mk,So)</p>

Meal Deal
Only £2.70

Check out what's on offer today,
available for free school meals!

GLOBAL EATS

From £2.50



MON	TUE	WED	THU	FRI
Teriyaki Chicken Noodles (G,E,So,Su)	Cajun Beef & Rice Burrito (G,Mu)	Pepperoni and Mozzarella Panini (G,Mk)	Beef Meatball & Mozzarella Sub (G,Mk)	Cheese and Tomato Panini (G,Mk)



School Lunch



Redbridge Mental Health Support Team presents...

PARENTS AND CARERS IN MIND - WEBINAR SESSIONS

REGISTER NOW!

Your monthly parenting digest. Hear from mental health professionals about how to promote your child's emotional health and wellbeing

SUPPORTING EXAM RESILIENCE

A webinar aimed for parents and carers on supporting young people in building emotional resilience during exam periods.

WED 29.01.25 7-8PM

AN INTRODUCTION TO TICS AND TOURETTE'S

Understanding the difference between Tics and Tourettes, how it may present and exploring ways to support someone with Tics.

WED 26.02.25 7-8PM

HEALTHY RELATIONSHIPS WITH SOCIAL MEDIA AND TECHNOLOGY

A session focused on understanding the potential risks that children may find online and exploring strategies and tips to nurture online safety.

WED 26.03.25 7-8PM



**FOR MORE INFORMATION & TO SIGN UP
CLICK HERE,**

VISIT WWW.REDBRIDGE.GOV.UK AND SEARCH 'MH'



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	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
	Sparx Maths Club: SSI/YVE	12.40 – 1.40p.m.	F13	All Years
	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

School

