



Ursuline Academy Ilford

Weekly News – 2024/2025 Issue 18
24th January 2025



Upcoming Events

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.

Half Term

Monday 17 February –
Friday 21 February

Year 9 Progress Evening & Options Fayre

Monday 24 March 2025
4.00 – 7.00p.m.

Year 8 Progress Evening

Monday 28 April 2025
4.00 – 6.30p.m.



Headteacher's Headlines

Dear Parents & Carers,

As Ursulines, we are called to follow the extraordinary example of St. Angela Merici, a visionary leader whose life of service, courage, and deep faith continues to inspire our mission today. Born in 1474 in northern Italy, St. Angela dedicated her life to addressing the injustices of her time, particularly the lack of education for girls. She believed that through education, young people could become agents of transformation in their families, communities, and society at large.

St. Angela's teachings guide us as we strive to embed the fight for justice in everything we do, whether through our curriculum, service projects, or the relationships we build. We honour her vision by cultivating a sense of belonging and purpose among all members of our community

Today we celebrated her feast day with two special masses. Our students were a real credit to the school in their reverence and celebration.

Fiona Stone,
Headteacher **SERVIAM**





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Chaplaincy News

Pope Francis@Pontifex – 21st January 2025

In the midst of the confusion and vanity of human words, we need the [#WordOfGod](#). Scripture is the only true compass for our journey, and it alone is capable of leading us back to the true meaning of life amid so much woundedness and confusion.

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

January: Trust

24th January: Jesus Christ will enlighten you.

25th January: Living all united in heart, you will be like a mighty fortress.

26th January: We will find thorny and rocky roads becoming flower-strewn for us.

27th January: I shall always be in your midst, helping your prayers.

28th January: Be bound to one another by the bond of charity.

29th January: Be happy, and always full of charity and faith and hope in God.

30th January: in God, one has all wealth.

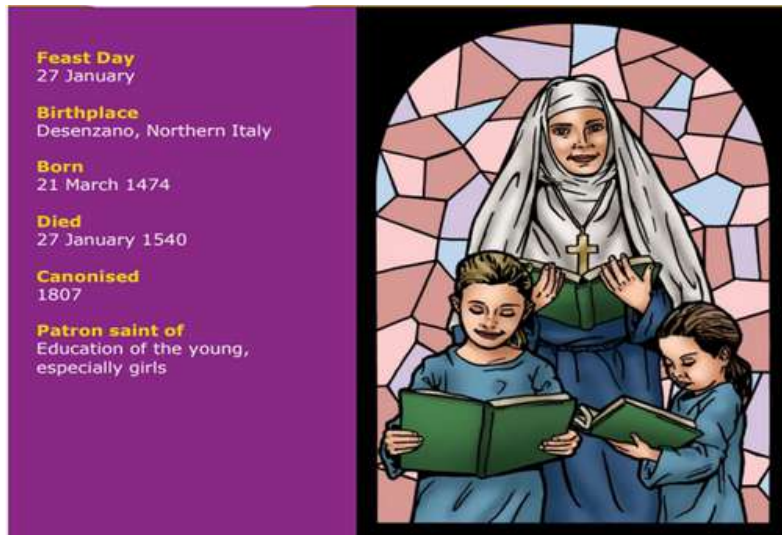




Chaplaincy News

The Life of St. Angela Merici

The Life of our School Patron Saint, and Foundress: St. Angela Merici.



Feast Day
27 January

Birthplace
Desenzano, Northern Italy

Born
21 March 1474

Died
27 January 1540

Canonised
1807

Patron saint of
Education of the young,
especially girls

St. Angela used her gifts and talents to support, train and guide women, who, in their turn, went on to use their skills to help many other people to help themselves.

As a young woman, Angela was deeply affected by the poverty around her, the lack of opportunity for those who were not wealthy, and the lack of education – particularly for women and girls. Nuns were the best educated women – but they were in the cloisters, and unmarried women were not allowed to go out or work independently.

Angela always tried hard to see what God was asking her to do with her life and her gifts. She turned down an invitation from Pope Clement VII, to commit her life to a group of nursing Sisters and instead responded to the need for education. She gathered a group of like-minded women around her, and together they went out and began to teach young girls.

Angela and her followers were bound together by their dedication to God and their commitment to education. She was a woman of action and prayer – she saw that her true vocation lay in combining both, in the work of education.

Angela's approach was quite radical, but she was convinced that God was calling her to serve others through the ministry of education and was not afraid to try something new. She even told the Sisters that they should not feel tied to doing the same thing in the same way all the time, and that if something needed changing, they should make those changes – but only after much prayer and reflection. Angela spent many hours in prayer herself, and this ensured that she centred her life not on herself, but on God and those she was called to serve.

She placed her companions under the patronage of St Ursula, who has traditionally been regarded as a protector of women, and her Company, the Ursulines, dedicated itself to the education of women – which it continues to do today, over 450 years later.

St Angela Merici, Pray for us

Ms Semambo, Teacher of R E



Badminton Club

Badminton is up and running every lunch in the gym, and it's proving to be an incredibly popular club! It's a fantastic way to stay active, have fun, and connect with new friends from other year groups. Whether you're a seasoned player or just starting out, everyone is welcome to join in!



Science Club

Exploring Methane Bubbles: Chemistry in Action

This week in science club, we had a bubbling good time with the methane bubble experiment! Students learnt about combustion and how methane gas reacts when combined with air. By carefully capturing the gas in soap bubbles, we created floating methane-filled bubbles that ignited in a controlled flash of flame when exposed to a spark.

This hands-on experiment is a thrilling way to explore the science of methane, while safely experiencing the powerful reaction that happens when fuel meets flame.





History News

Mala Tribich, MBE: Webcast

On Wednesday 22nd January KS4 and a number of KS5 students were invited to hear Mala speak live via a broadcast organised by the Holocaust Education Trust. Mala is a Holocaust survivor. Mala was born in Poland and when Poland was invaded by Nazi Germany in 1939 her life was changed dramatically. Over the course of the war, Mala spent time in a ghetto, in Ravensbrück concentration camp and in Bergen-Belsen concentration camp. She was only 14 when the war ended and had lost most of her family members and worked as a slave labourer. Happily, after the war Mala discovered that her brother Ben had also survived and had moved to the UK. Mala joined him and made a life for herself here, receiving a degree and marrying. Her brother, Ben, went on to represent Team GB at the 1956 and 1960 Olympics, in weightlifting. Mala is now 95, with children and grandchildren, and has dedicated her life to Holocaust education. The students were reminded that the privilege of listening to a survivor speak live will not be possible for many more years.

Mala shared her story with the students and staff present, along with thousands of others across the country. Her account was graphic, moving and sent a strong message to the students listening. They were encouraged to call out injustice whenever they see it, and share her story with as many people as they can, in the hope that it is not forgotten and we do not find ourselves in the same circumstances that engulfed Europe in the 1940s.

It was sad to hear about Mala's experience, but also eye-opening. **Veronica, 10T**

It was really interesting and engaging. It was a privilege to listen to a live witness to something of this importance, and the message of calling out injustice when we see it will stay with me. **Shradha 10T**

I really enjoyed the Holocaust talk with Mala Tribich. It was really interesting to hear her inspirational story, that came from a witness perspective. Her message really spoke to me and my peers and we were lucky to hear her speak. **Habibah 10J**



History News Continued...



Mala Tribich MBE



Mala was born Mala Helfgott in 1930 in Piotrków Trybunalski, Poland. When the Nazis invaded Poland in 1939, Mala's family fled eastwards. When they returned, Mala's family had to move into the ghetto which was established in her hometown, the first in Poland. Life in the ghetto was terrible with families living in overcrowded, unhygienic conditions.

The family decided that it would be safer for Mala and her cousin, Idzia Klein, to be taken to the city of Częstochowa to try to pass as Christian children and stay there until the deportations were over. A couple named Maciejewski came to their home to collect payment in advance and it was arranged that Mala would be collected first and Idzia a week later; it would have been too dangerous to take two Jewish children on the train at the same time.

Mala and Idzia were taken to a house on the edge of Częstochowa and pretended to be relatives from Warsaw. Life was at times uncertain for the girls and they often felt vulnerable. Sometimes it was safe to mix with visitors but at other times the girls had to hide in a wardrobe and stay there until they had left. Both Mala and Idzia missed their parents but it was still not safe for them to return. When Idzia told the Maciejewskis that she could go and stay with good friends of her parents, who were hiding their valuables, they took her there. Mala was eventually taken back to Piotrków where her father was waiting for her in the attic of a flour mill with Idzia's father. On seeing Mala he turned white with shock and said, "Where is my daughter?" Idzia was never seen again.

Shortly after Mala's return to the ghetto, there were further round ups during which her mother and eight-year-old sister were taken. All these people were murdered in the local forest. Soon afterwards Mala had to undertake the responsibility of caring for her five-year-old cousin Ann Helfgott, whose mother was deported to a concentration camp. When the ghetto was liquidated, Mala became a slave labourer until November 1944, when the remaining Jews were deported. Mala was separated from her father and brother and together with Ann was sent to the Ravensbrück concentration camp.

After about 10 weeks they were transported in cattle trucks to Bergen-Belsen where conditions were appalling and Mala contracted typhus. At the time of the liberation by the British army, Mala was very ill. She was transferred to a hospital/children's home and it was many weeks before she recovered. Three months later she was sent, with a large group of children, to Sweden where she spent nearly two years. Not expecting any of her family to be alive, Mala was surprised to receive a letter from her brother Ben in England, the only other member of her close family to have survived.

In March 1947, Mala came to England to be reunited with Ben. She learnt English, attended secretarial college and within a year was working in an office. In 1949, she met Maurice, whom she married in 1950. Whilst her children were growing up, Mala studied and gained a degree in Sociology from the University of London. Today Mala has two children and three grandchildren. Mala's testimony can also be found in the book *The Boys* by Sir Martin Gilbert.



Laudato Si News

Our Laudato Si Committee has been hard at work caring for our chapel garden and courtyard. Recently, they've been gathering up leaves, tidying the space, and preparing the ground for Spring. Signs of life are beginning to emerge, and we are eagerly waiting to see our tulips and daffodils come through! A special thanks to **Bella** and **Sofiia** for their dedication and effort in nurturing our shared space!



Ms Eakins, Teacher of RE, Head of Year 10



Mind of the Student Workshops

Students from years 7 - 10 found the "Mind of a Student" workshops last week to be both useful and enjoyable. The discussions on mental health, the stigma surrounding it, and coping strategies for anxiety were insightful and eye-opening. Students appreciated the open, supportive environment where they could share their thoughts and learn practical tools for managing stress and improving their well-being. Thank you to our visitors for leading this workshop and to Ms Gardiner for organising the day.

Some statements from two of our students re the workshops 😊

I felt that the workshops were beneficial and essential for me because it taught me how to handle anxiety and stress - **Mishael 9R**

I think it was really educational, and I think it really helped us to understand our minds and not to dismiss what we feel. The workshop taught us to ask for help sooner instead of living or suffering in pain on our own - **Nyah 9R**



advancing mental health education in schools.



PE Stars of the Week

Yusra Sheikh 7T - Yusra is a remarkable student who consistently puts forth her best effort every lesson. She is always eager to support others and maintains a positive attitude, excelling academically and in extracurricular activities (as a dedicated member of the KS3 football team). Yusra attends every training session with enthusiasm, ready to learn new skills and techniques to apply during matches. Over just three training sessions, Yusra has impressively scored nine goals - one of these goals being an extraordinary shot from the halfway line, where she kicked the ball into the basketball hoop a true testament to her skill and progress. Yusra is proof that consistent training leads to successful results.



Shyheima Holder 10T - Shyheima is an outstanding student who always gives her best in every lesson and netball session. She is a regular and committed attendee of netball practice. Shyheima's adaptability on and off the court is highly commendable. Taking on different roles with ease - not only is she versatile, but - she is also a strong team player, and this shines most in her collaborative work with others. Her dedication, effort, and ability to work seamlessly within a team makes her an exceptional individual both on and off the court.

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

Ms Whates, Teacher of PE

Year 8 Honors the Legacy of Sophie Scholl

This week, our talented Year 8 students (8C & 8R) have been diving into the inspiring story of Sophie Scholl, a brave young activist who stood up against injustice during World War II as a member of the White Rose resistance.

Through their research and creativity, the students created powerful posters that highlight Sophie’s courage, her unwavering commitment to truth, and the impact of her legacy. These posters are not just works of art—they’re reminders of the importance of standing up for what is right, even in the face of adversity.

We’re so proud of Year 8 for their thoughtful and moving tributes to Sophie Scholl. Be sure to take a moment to appreciate their incredible work and reflect on the lessons we can all learn from her story.

Pupils’ feedback:

‘I particularly enjoyed doing this homework as I learned a lot about Sophie Scholl and her admirable dedication to justice and standing up for what is right. She is inspirational to every young girl and boy out there!! She is a prime example of someone who has unwavering commitment to her beliefs!’ **Zainab Kayani, 8R**

‘When I was doing this H/W, I learnt that like Sophie we should listen to our conscience and choose to do the right thing. Also, I learnt that Sophie worked hard to receive the rights and the respect that all people in every society deserve. Even though she went to jail, she still decided to protect the rest of her group members. I learnt from this story that if you follow your conscience, you can change the world!!’

Manmeet, 8R

‘When I was doing the poster, I thought at the beginning that I couldn’t finish it and that it may look so bad, but at the end I loved it and so did Miss. What I learned from this H/W was about Sophie Scholl and how incredible she was as she has listened to her conscience, and she was always trying to do the right thing.’ **Great, 8C**

‘When I wrote this story about Sophie Scholl, I learned a lot about her. For example, how she used her inner feeling to make the decisions she made. She also understood that the Nazi party wasn’t doing the right thing, and these events made me understand how powerful conscience is. When I was making this poster, it made me understand how brave Sophie was to stand up for what she believed it was right’

Yasmina, 8C



Year 9 Shines a Light on Laity!

This week, our incredible Year 9 students (9C & 9T) have been exploring the theme of laity—the vital role of laypeople in the life and mission of the Church.

Through thoughtful discussion, research, and creativity, they've brought this topic to life in the form of stunning posters.

These posters showcase their understanding of how laypeople contribute to their communities, from acts of service to leadership within the Church and beyond.

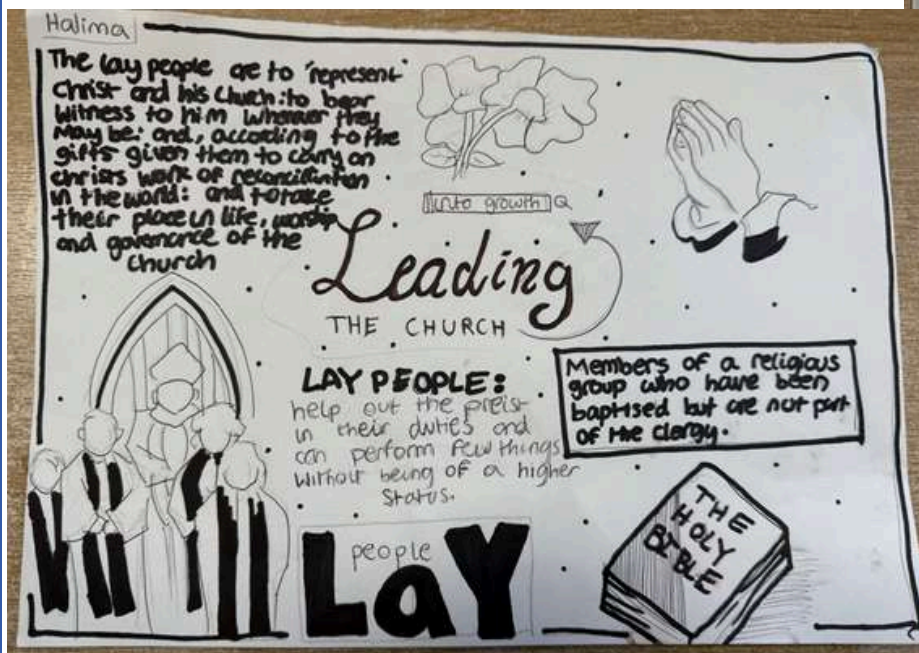
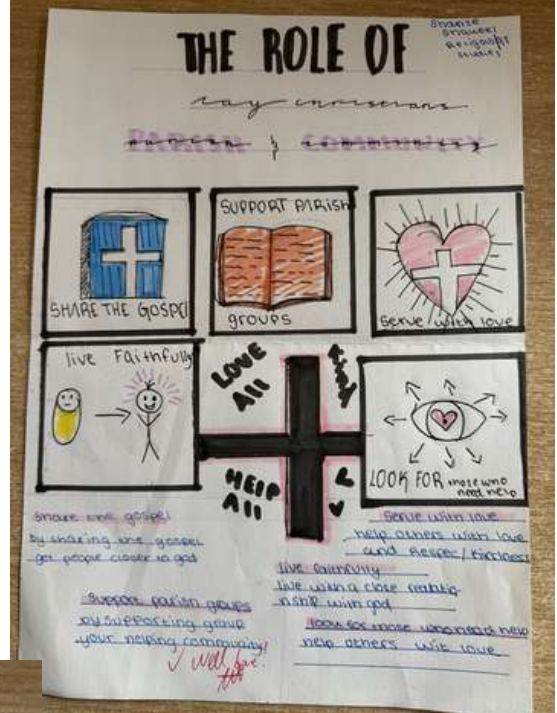
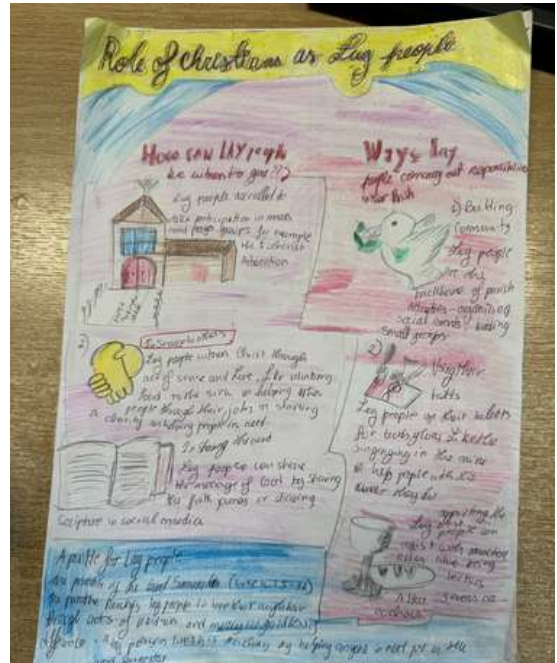
Each design is a testament to their creativity, hard work, and appreciation for the ways faith can inspire everyday lives.

I'm so proud of their efforts. Well done, Year 9!

Pupils' feedback:

'I felt so happy doing this H/W, because while I was learning about the roles and the responsibilities of the Laity, I could also draw pictures and create something beautiful. Art comforts me.' **Brekhna, 9T**

'While doing this H/W, I felt motivated to learn more about Lay people. Doing a poster rather than a normal writing made me looking forward to doing the H/W and it helped me to remember and develop into my head what I was writing.' **Zahra, 9T**





Science News

The Science department are excited to invite you to take part in the **2025 Young Science Writer Award (YSWA)**, organised by the Association of British Science Writers (ABSW). This prestigious national competition offers students the opportunity to showcase their science writing talent and gain recognition for their work.

The aim of the competition is to encourage talented **14–16-year-old students** with a passion for STEM and writing to submit an 800-word essay on the topic of their choice.

The winner will receive **£1000, a 1-year Young Royal Institution membership, and the chance to meet BBC science journalists among other prizes.** Their essay is also published nationally in the media which attracts highly positive press coverage. The **runners-up each get £250** with ten **students who are highly commended receiving £100 each.**

Key Dates

Competition Opens **17th January 2025**

Competition Closes **07th March 2025**

Winners & Schools Contacted **07th April 2025**

Winners Announced Nationally **10th April 2025**

Awards Ceremony **23rd June 2025**

This is an outstanding opportunity for pupils to not only develop their skills and receive public recognition for their writing, but it also provides national and international promotion for our school!

We really hope to see some entries! Come and see Ms Filipe for more info during Tuesday break-time in G7!



Ms Filipe, Head of Science



Ursuline
Academy
Sixth

UA6 Open Evening





Year 9 News



Ms Kodi-Pecku submitted **Amira Hossain's** poem below to the Blue Peter @BBC team and received the news that Amira had been put forward for a Blue Peter Badge! Well done Amira, we are all very proud of you!

GROW

**Grow grow grow
Whether the soil lush and fair
Whether the soil dry and bare
Water at hand or water for miles
Grow grow grow**

**Some plants take their time to sow
Others must have far to go
Neither will survive unless
They grow grow grow**

**Some neglected and ostracised
Some cherished like a diamond to be prized
Why are they so different if they both
Grow grow grow**

**There's often times one will flourish
And no one noticed the others malnourish
Gardeners should be helping them both
Grow grow grow**

**It's sad to think there are plants out there whom no one cares
Just because they are so far from the land they share
But plants on earth, breathing our air
Should help each other to grow grow grow**

**From the watermelon seeds spat on the grounds
To the artichokes growing above the mounds
Never forget the lesser as they grow grow grow**

- Amira. H



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

Apprenticeships with EY: Shape your future with confidence!

Learn where an apprenticeship at EY could take you, in this **exclusive National Apprenticeship Week webinar**, in partnership with Success at School.

- Overview of EY's apprenticeship programmes in Audit, Tax and Technology
- Real-life insights and experiences from a current apprentice
- Ask your questions during a live Q&A session
- Specialist guidance on how to apply

Tue, Feb 04 6:30 PM - 7:30 PM GMT Online event Register

FREE Get into Medicine and Dentistry Conferences

FREE LIVE VIRTUAL Get Into Medicine conference:

Saturday 1st February, 9:30am - 3:30pm

Sunday 2nd February, 9:30am - 3:30pm

Saturday 8th February, 9:30am - 3:30pm

<https://medicmentor.org/get-into-medicine-university-conference/>

Or the FREE virtual "Get Into Dentistry" conference on:

Saturday 22nd February, 9:30am - 3:30pm

<https://dental-mentor.org/get-into-dentistry-university-conference/>

These conferences offer tailored advice for medicine and dentistry, covering a range of crucial topics:

Spaces are limited, so students should register as soon as possible using the link below:

Medicine: <https://airtable.com/appgXnyzN5ZD9lwk6/shry7MZytt3MGPjvO>

Dentistry: <https://airtable.com/appgXnyzN5ZD9lwk6/shrBuiR7SBAC19kE>

Medical School Applications – Yrs 12&13

Potential medics, a society from Imperial college London who aim to help current sixth



formers with their medical school applications, are running a mock MMI interview event this Sunday the 26th of January at Imperial college London. The day will consist of a series of tutorials and then a mock interview ran by current Imperial medical students.

<https://tinyurl.com/MMIintensive7>

Explore STEM Opportunities with the British Army

On **Wednesday, 5th of March 2025 at 1pm**, we will be hosting an event to explore the exciting STEM opportunities available with the British Army. This session will provide an in-depth look at the **Defence STEM Undergraduate Sponsorship**, which offers up to £42,750 in financial support for your studies.

[Explore the STEM opportunities with the British Army - Meet Your Army](#)

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)



THEME BARS -PLUS DAILY- JACKET POTATOES & SALAD BAR

Meal Deal
Only £2.70

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



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

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

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

ALLERGENS

we're always glad!

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



THEME BARS -PLUS DAILY- JACKET POTATOES & SALAD BAR

Meal Deal
Only £2.70

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



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

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

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

ALLERGENS

we're always glad!

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

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



THEME BARS -PLUS DAILY- JACKET POTATOES & SALAD BAR

Meal Deal
Only £2.70

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



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

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)

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

ALLERGENS
we're allergy aware!

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

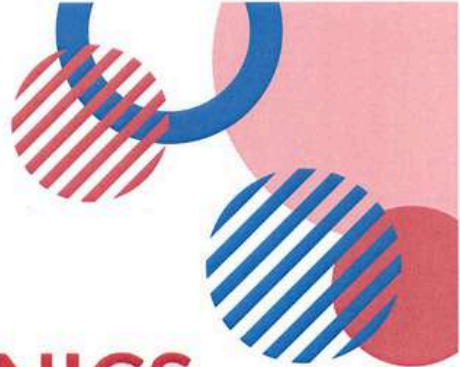
Speak to one of our chefs if you have any allergies.



School Lunch



Vaccination UK
Immunisation Provider for
NHS



COMMUNITY CATCH-UP CLINICS

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

DTP (Diphtheria, Tetanus & Polio)

Meningitis ACWY

HPV

(check with your local team)

Flu

(until end of February)



To find out more information on our clinic locations, speak to someone at Vaccination UK, or for more contact options please follow the links below:



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

<https://www.schoolvaccination.uk/contact>

Extra-Curricular Activities

Day	Activity	Time	Room	Year
MONDAY				
BEFORE SCHOOL	Breakfast Club: DGU	8.00 – 8.30a.m.	Canteen	All Years
LUNCHTIME	Trampolining: LWH	12.40 – 1.40p.m.	Gym	Years 9/10
	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
	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
	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
	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
	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: Peri Teacher	1.10 – 1.40p.m.	S5	All Years
AFTER SCHOOL	English 5 O' Clock Club: SRI/MCR/FCH/LBU	3.30 – 5.00p.m.	F8	Selected Year 11 Students
	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
	French Intervention: LGR	1.10 – 1.40p.m.	G6	Year 11
	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
AFTER SCHOOL	DT Catch-Up Club: AKO	3.20 – 4.20p.m.	G12	Year 11
	EAL Intervention: FCH	3.30 – 4.15p.m.	F11	Selected Students
	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

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
	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: Peri Teacher	1.10 – 1.40p.m.	S5	All Years
	Worship Band: FST	12.40 – 1.10p.m.	S4	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
	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
	Sporty Friday: JGA	12.40 – 1.40p.m.	Gym	Years 7/8/9/10/11
	UAI Band: Peri Teacher	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

