



Ursuline Academy Ilford

Weekly News – 2024/2025 Issue 19
31st January 2025



Upcoming Events

Year 7 Progress Evening
Monday 10 February 2025
4.00 – 6.30p.m.

Half Term
Monday 17 February –
Friday 21 February

INSET DAYS
Monday 24 February
Tuesday 25 February

Students return to school
8.40a.m. Wednesday 26
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 we step into February, we celebrate two significant feasts that remind us of faith, light, and service. Tomorrow, we honour St. Brigid of Ireland, a woman of deep compassion and strength, known for her generosity and commitment to justice. Her legacy inspires us to live with kindness and courage, always seeking to uplift those in need.

On 2nd February, Candlemas, we reflect on Christ as the Light of the World. This feast reminds us to carry His light in our daily lives, bringing hope and warmth to those around us.

Well done to our students for their excellent behaviour this term—your commitment to uniform, mobile phone rules, and respectful lunchtime conduct truly reflects our school values!



Fiona Stone,
Headteacher **SERVIAM**



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Chaplaincy News

Pope Francis@Pontifex – 29th January 2025

God never stops dreaming of us becoming men and women of hope, harmony, and peace, as people who are not overcome by adversity. May we have the courage to dream for ourselves what God dreams for us! [#GeneralAudience](#)

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

January: Trust

31st January: God will never fail to provide for all their needs.

February: Esteem

1st February: Among the good and necessary means that God has granted me, you are one of the most important.

2nd February: These little ones, poor as they are, will find consolation and comfort.

3rd February: Be willing to recognise what a new dignity this is.

4th February: Take care especially that they are united and one in will.

5th February: They are all creatures of God. And you do not know what he wants to make of them.

6th February: As far as possible, you yourselves provide.





Chaplaincy News

JUBILEE YEAR OF HOPE 2025



Jubilee Year 2025: Pilgrims of Hope

On Friday 24th January I had the privilege of attend the Jubilee 2025 Launch Day for Schools at St John Payne Catholic School in Chelmsford. Schools from across the Brentwood Diocese were welcomed to hear inspiring talks and presentations to prepare practically and spiritually to welcome the Jubilee year.

After a rousing introduction from St John Payne Headteacher Tom Coen, talks were given by Sian Thomas-Cullinan, Director or Caritas Brentwood who gave a thoughtful presentation on 'Love of the Stranger' and Catholic Social Teaching. This was followed by a presentation from Ilford Ursuline Academy Alumni and Governor, Sarah Barber, Director of the diocese Young Vincentians Charity. The final presentation was given by John Adams the Religious Education advisor for our diocese relating to Refugees and Racial Justice. Ilford Ursuline has been honoured to welcome Sian Thomas-Cullinan, Sarah Barber and John Adams to give talks to our 6th form students.

The day concluded with an energetic sharing of ideas and initiatives for the Jubilee Year and Holy Mass celebrated in the school chapel given by Celebrant Monsignor John Armitage. As a school we look forward to welcoming this special year of prayer, joy and hope.

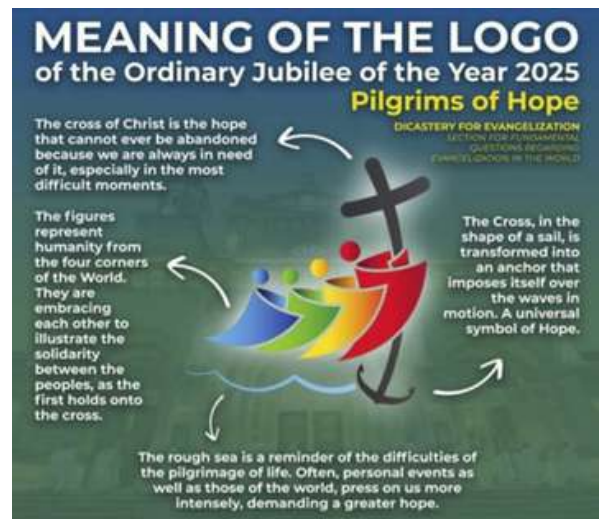
What is a Jubilee Year? In the Catholic Church, a Jubilee or Holy Year is a special year of forgiveness and reconciliation, in which people are invited to come back into right relationship with God, with one another, and with all of creation.

How often is a Jubilee year celebrated? A Jubilee Year is celebrated by the Church every 25 years. This has been the case since 1470, when Pope Paul II changed it from every 50 years. A Pope can also proclaim an Extraordinary Jubilee, like the Extraordinary Jubilee of Mercy which Pope Francis inaugurated in 2015.

What is the Origin of a Jubilee Year? The Origin of the Jubilee Year goes back to Old Testament Biblical times: The Law of Moses prescribed a special year for the Jewish people: "You shall hallow the fiftieth year and proclaim the liberty throughout the land, to all its inhabitants; it shall be a jubilee for you when each of you shall return to his property and each of you shall return to his family.

What is the theme of the Jubilee year in 2025: The theme is Pilgrims of Hope. Pope Francis has invited Catholics to renew our hope and discover a vision that can "restore access to the fruits of the earth to everyone". We are also invited to rediscover a spirituality of God's creation in which we understand ourselves as "pilgrims on the earth" rather than masters of the world.

Ms Semambo, Teacher of R E





Chaplaincy News Continued

February

The month of Love

St Valentines Day

February is the second month of the year in both the **Gregorian**; **Western Church**, and **Julian**; **Eastern Church** calendars.

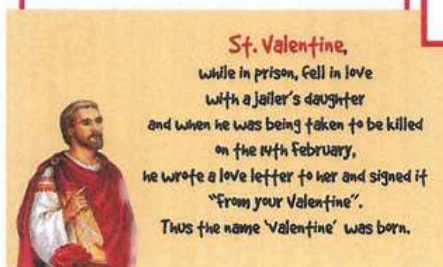
February is associated with Romantic love.

Valentine's Day, also called **Saint Valentine's Day** or the **Feast of Saint Valentine**, is celebrated annually on February 14. It originated as a Christian feast day honouring a martyr named Valentine, and through later folk traditions it has also become a significant cultural, religious and commercial celebration of romance and love in many regions of the world. There are a number of martyrdom stories associated with various Saint Valentines connected to February 14. One describes the Imprisonment of St Valentine of Rome for ministering to Christians persecutor under the Roman Empire in the 3rd century. According to an early tradition, St Valentine restored sight to the blind daughter of his Jailer.

Numerous later additions to the legend have better related it to the theme of love: some traditions maintain that St Valentine performed weddings for Christian soldiers who were forbidden to marry by the Roman emperor; an 18th-century embellishment to the legend claims he wrote the jailer's daughter a letter signed "**Your Valentine**" as a farewell before his execution.

The day became associated with romantic love in the 14th and 15th centuries, when notions of courtly love flourished, apparently by association with the "lovebirds" of early spring.

In 18th-century England, it grew into an occasion for couples to express their love for each other by presenting flowers, offering confectionery, and sending greeting cards (known as "**valentines**").



The Ursuline Academy Ilford

CHAPLAINCY NOTICES: FEBRUARY



February, the second month of the year, is the last month of Winter in the Northern Hemisphere.



February days of Religious Significance

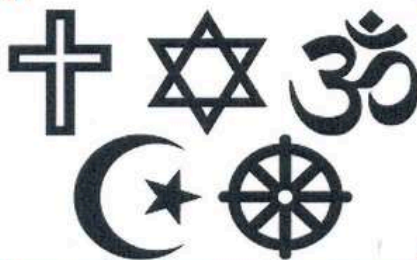
2 February: Candlemas.

The Presentation of Christ in the Temple. Occurs 40 days after the feast of Christmas.

February 12* and February 13:

Tu Bishvat: This Jewish holiday is celebrated as an ancient Earth Day, where trees are planted annually.

February 15: Parinirvana: In Mahāyāna Buddhism, this date is also known as Nirvana Day. It commemorates Buddha's death and attainment of final Nirvana.



February 28: Ramadan begins:

This marks the start of the holy month of fasting for Muslims.



St Josephine Bakhita

Feast Day: 8th February

Saint Josephine Margaret Bakhita was born around 1869 in the Darfur region of Sudan. In 1877, Josephine was kidnapped by Arab slave traders. Over the next 12 years, she would be bought, sold and given away over a dozen times.

Her experiences as a slave varied from fair treatment to cruel. She was a maid for her first owner. After offending her owner's son, she was severely beaten and sold. She then had a Turkish general for an owner. His wife and mother-in-law beat her daily. She suffered 114 scars from this abuse. In 1883, the Turkish general sold her to the Italian Vice Consul, Callisto Legani. He was a kind master. When he returned to Italy, she begged him to take her and he agreed. While there, she served another family as a nanny. When her new mistress went on a trip, Josephine was placed in custody of the Canossian Sisters in Venice. She was deeply moved by her time there and discerned a call to follow Christ. When her mistress returned, Josephine refused to leave. Josephine was declared free. She was baptized in 1890 and took the name Josephine Margaret and Fortunata.

Josephine became a novice with the Canossian Daughters of Charity religious order in 1893 and took her final vows in 1896. She was gentle and charismatic, and often referred to honorably as "black mother."

On February 8, 1947, Josephine spoke her last words, "Our Lady, Our Lady!" Her body lay on display for three days after her death. St. Josephine Bakhita was beatified in 1992 and canonized in 2000 by Pope John Paul II. She is the patron saint of Sudan and her feast day is celebrated on February 8.

SAINT of the MONTH





Art News

Artist of the Month: Chidera Ntochukwu Year 8

Our Artist of the Month is Chidera, for her amazing realistic painting of a wolf and a cute kitten.

Chidera has always had a passion for art, she says, **"I like drawing, and in particular nature and animals, because it reminds me about the wonderful things we have."** Her latest work exemplifies this love for wildlife, and it has incredible detail and expression.

"Getting the painting how I liked it was a bit hard, but I really enjoyed doing it."

She worked tirelessly on perfecting the contrast and highlights, to make the fur look as lifelike as possible. Her dedication is evident in the texture and depth of the paintings.

In addition to her traditional painting techniques, Chidera explored digital enhancements to enhance her work. By digitally darkening parts of her painting, she created a more dramatic and striking effect, adding an extra layer of intensity to the wolf's gaze; the kitten in contrast is very bright in colour with wide eyed innocence.

Well done, Chidera!





BCCS News

Children's Mental Health Week 3rd - 9th February 2025

Know Yourself, Grow Yourself



BCCS

a children's charity for
Essex and East London

For parents and carers

We support Children's Mental Health Week every year and we were delighted to learn that this year, Place2Be have teamed up with Disney to celebrate the film 'Inside Out 2'. The film deals with feelings and so is a perfect companion for this year's theme.

The idea of '**Know yourself**' aims to focus on supporting a child or young person to develop their self-awareness, as well as encouraging them to develop as individuals, to '**Grow yourself**'.

We wanted to provide resources for parents and carers to use to better help you engage in a dialogue with your child/ren about their feelings.

With this in mind, we have echoed the colours referenced as emotions in 'Inside Out 2', in the hope they will feel familiar to your child.

A vital skill for a child or young person is to maintain an awareness that big feelings come, that they can feel overwhelming, but that they go. That we can sit with them, **manage** them and understand ourselves within them. For example, lots of children tend to show anger when they feel overwhelmed. It is a defence mechanism: I feel uncomfortable feeling vulnerable, so I'll display anger to keep you at bay.

That isn't helpful and can lead to a child feeling like their big feelings are overwhelming - for them and for you. We want children to feel comfortable with emotion, and to feel confident within themselves about not only how they experience emotions, and how others around them experience them too.

Put simply, when we help children get to **know themselves** by noticing their behaviours and emotions, by getting them to explore them alongside you, you allow your child the freedom to **grow themselves** in terms of their own self-awareness. We want to help you to try it!

Parents' activity: Why don't you talk to your child each day, for the next seven days, about how you both experience certain emotions? Your child could choose the emotion they want to explore. It may be helpful for your child if you go first, and you share your recent experience of having felt angry, envious, sad etc. and they can follow your lead.



01277 712022



www.bccs.org.uk



headoffice@bccs.org.uk



[@bccscharity](https://www.facebook.com/bccscharity)



[@bccs_charity](https://twitter.com/bccs_charity)



[bccs_charity](https://www.instagram.com/bccs_charity)

BCCS, 133 High Street, Billericay, Essex, CM12 9AB

Brentwood Catholic Children's Society - Registered Charity Number: 1000661

Children's Mental Health Week

3rd – 9th February 2025

Know Yourself, Grow Yourself



For parents and carers (continued)

The big feelings we are looking at this week are:



As parents, we tend not to feel comfortable with acknowledging a child's feelings because we don't want to say the wrong thing, make it worse, or draw attention to it. But inviting a chat about it shows your child that you want to know, that you get it, and you're attuned to them. It's also really powerful to share your own experience of feeling difficult things.

All emotions feel better when they are thought about and talked about. It really is that simple – so simple, that Disney made a film out of it! The trick for us parents is not to try to fix or disregard our child's emotional exploration.

Suggested interaction:

If your child chooses the emotion **fear**, for instance, it may be helpful to say, "I don't always like to feel scared, do you?". And, "when I feel scared, it's often because I feel I can't do something ..." or "it's often because I feel unsure in myself" or, "when I feel scared sometimes I feel out of control". "What last made you feel scared?" And you're off!

Remember to validate, "do you know what, I get that" or "that makes complete sense to me", or empathise, "I can imagine that felt ..."

It is **so** important that you're listening, and that you're able to focus with your child on the fact they **recovered and carried on**: that's resilience building. Children don't often notice when they recover, they can instead become preoccupied with how often they have felt something. It really helps develop their sense of self, and their resilience if we notice for them how well they have managed something difficult.

Please see our social media channels for a daily "how to" for emotional exploration chats (@bccscharity on Facebook & Instagram) or visit our webpage for Children's Mental Health Week for more hints and tips: <https://www.bccs.org.uk/our-resources/guidance/>



Charity Donations

We're excited to share the success of our recent fundraising efforts, which brought together the community in support of three incredible organisations: SickleFes, Save the Children, and Caritas.

For SickleFes and Save the Children, we hosted a lively Culture Day which generated £484 altogether and was split equally between the two charities, we were thrilled to see such generosity from everyone involved.

For Caritas, we embraced the holiday season with a Christmas Jumper Day, where everyone wore their most festive and creative holiday jumpers in exchange for donations.

We're proud to say we raised £212 for Caritas' work supporting vulnerable children and families.

We're incredibly grateful to everyone who participated, this initiative reflects the **Ursuline value of Leading for Justice**, which calls us to act with compassion and advocate for those who are often overlooked. By supporting these charities, we are standing up for justice, dignity, and the rights of others—values that guide our actions as a community.

Sian Cullinan Thomas from Caritas was presented with the cheque just after she led an inspiring talk to Year 12 Critical Thinking students, as part of the core RE curriculum in UA6. #SERVIAM.



Amandeep Dhillon Year 13, Student Leadership Team.



Holocaust Memorial Day 2025

Monday 27th January marks Holocaust Memorial Day, the anniversary of the liberation of Auschwitz by the Soviet army in 1945. To commemorate this, A Level History ambassadors **Lily, Klari** and **Mierthursha** have led the year group assemblies this week.

On Tuesday they were assisted by **Zainab Kayani, Christabel Ameyaw, Mariam Baig, Alizay Syed** and **Bridget Obeng in 8R**. The assembly reminded students that the theme for this year is 'For a better future', and the importance of educating ourselves about the Holocaust and other genocides in order to learn from them and prevent such horrors from happening again. Students were also taught about the life of Sir Nicolas Winton, one of the architects of the Kindertransport from Prague, which brought nearly 700 mostly Jewish children to the UK before war broke out in 1939.

To complement the assembly we have been showing the film 'One Life' which is a dramatization of the life of Sir Winton across the week. The students in attendance have very much enjoyed the film and its depiction of the Kindertransport and those who worked to try and save as many children as possible.



Ms Mackie, Subject Lead, History



History News Continued...

In History Year 7 have been studying the Medieval Church in Britain and the different ways that people could get into heaven if they were a medieval Catholic. We have learned about what churches would have looked like, what it would have been like to attend mass all those centuries ago along with how the Church was an integral part of people's lives. The project they did at the end of the unit was a leaflet advising a typical medieval person on the four routes on how they could get into heaven which were:

- 1) Take part in Catholic mass
- 2) Become a monk or a nun
- 3) Give money to the church through an Indulgence
- 4) Going on a pilgrimage or religious journey.

7R produced some outstanding work and the class all voted for their favourites. The 4 winners from 7R are pictured here along with a sample of student work. Great job to everyone in 7R, some excellent work here!

Student names left to right- **Maira Shah, Nabeela Quayyum, Hadia Hadia, Lamar Syed**



Mr Donovan, Teacher of History

Some of our Year 13 students had an unforgettable evening at The Phantom of the Opera last week as part of a Jack Petchey Award trip. Well done to **Miethursha** in Year 13 who won the Jack Petchey Award last term and was only delighted to treat her classmates to a viewing of this wonderful production. The students were treated to a wonderful night at one of London's most iconic theatres, experiencing the magic of the performance, its breathtaking music, stunning set designs, and captivating storyline. The experience was a memorable way to celebrate as they near the end of their school journey together





Leadership in Action Conference

Last week, the Year 11 Student Leadership Team attended a Leadership Conference organised by Citizens UK and Caritas Brentwood. The event brought together students from across the Diocese of Brentwood, offering them a platform to exchange ideas, collaborate, and learn from one another. Through engaging discussions and interactive activities, students deepened their understanding of Catholic Social Teaching and explored practical ways to implement it in their school communities. They also had the opportunity to enhance their leadership skills through group challenges and presentations.

Here's what some of the students had to say about the day:

'I loved how welcoming and kind all the students from other schools were. On the minibus ride, we met the nicest mixed sixth-form students from Campion, who were genuinely compassionate and friendly. The most valuable lesson I learnt was that change in our borough will not happen unless we take action. We cannot just stand by, we must be part of the solution. A huge thanks to Ms. Agudelo as well for teaching us how to navigate public transport, a skill that will be incredibly useful for future events!' **Annabel Dansoh 11T**

'The visit to Walsingham House was an unforgettable experience in my leadership journey. Meeting students from different schools and discussing ways to improve not just our school but our wider community gave me a real sense of stewardship and responsibility. It was inspiring to see so many young leaders coming together to make a difference.' **Raheema Mohamed Yousuf 11C**

'My trip to Walsingham House was both enjoyable and enriching. The atmosphere was warm and inviting, and knowing that everyone there shared a passion for leadership created a strong sense of connection. We had many useful discussions and exchanged fantastic ideas. I hope we can bring these ideas to life and see real progress from them.' **Elizabeth Ayelabowo 11J**

A special thank you to Ms. Agudelo for accompanying the students on this enriching experience and Mr McGhee for his support.



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

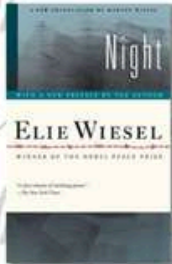


International

HOLOCAUST REMEMBRANCE DAY



SURVIVORS CLUB
By Michael Bornstein and Debbie Bornstein Holinstat



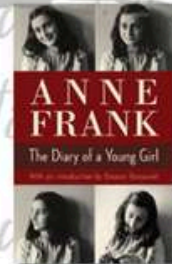
NIGHT, DAY, AND DAWN
By Elie Wiesel



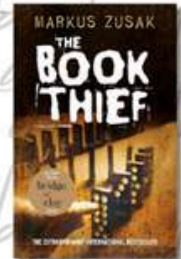
THE BOY WHO FOLLOWED HIS FATHER INTO AUSCHWITZ
By Jeremy Dronfield



HIDDEN LIKE ANNE FRANK
By Marcel Prins and Peter Hank Steenhuis



ANNE FRANK: DIARY OF A YOUNG GIRL
By Anne Frank



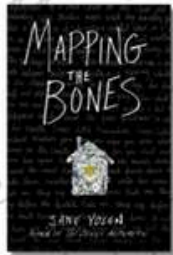
THE BOOK THIEF
By Markus Zusak



NUMBER THE STARS
By Lois Lowry



SCHINDLER'S LIST
By Thomas Keneally



MAPPING THE BONES
By Jane Yolen



WHITE ROSE
By Kip Wilson



THEY WENT LEFT
By Monica Hesse



THE BOY ON THE WOODEN BOX
By Leon Leyson



MAUS
By Art Spiegelman



THE LIBRARIAN OF AUSCHWITZ
By Antonio Iturbe



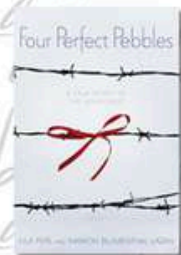
PRISONER B-3087
By Alan Gratz



THE SEARCH
By Eric Heuvel



SURVIVING HITLER
By Andrea Warren



FOUR PERFECT PEBBLES
By Lila Perl and Marion Blumenthal Lazan

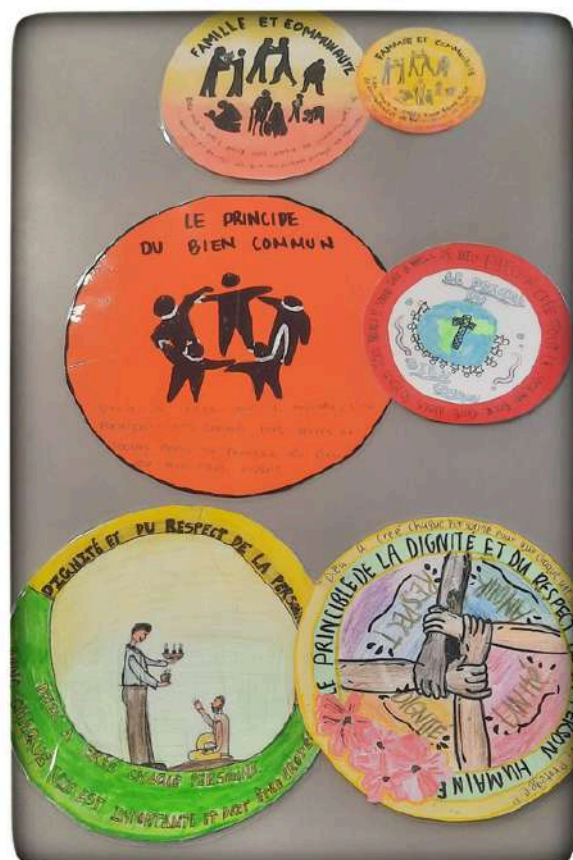




Catholic Social Teaching

Once again, our creative Year 8 students produced some fabulous display work, this time around the 7 Catholic Social Teaching principles.

Here are our competition winners. Bravo!





Politics News

Politics Trip to Wimbledon Ursuline

Some students from Year 12 and Year 13 who are studying Politics A-Level recently got the opportunity to attend a conference at the Wimbledon Ursuline on AI and fake news and what impact these have on politics in the modern age.

We heard from a variety of speakers from Labour, Conservative and Liberal Democrat parties discussing the current issues of the day and giving their perspective.

Ben Shields who runs an American AI start up company gave a talk on how students can contribute to the AI revolution and Jonathan Gifford who works for the Cabinet Office told us about the work the British government is doing to combat fake news in the current conflict in Ukraine and then in Eastern Europe more broadly.

The session ended with a debate led by the English Speaking Union on whether AI and social media are positive forces for democracy which I am proud to say that several of our students participated in. A really interesting and thought provoking trip!



Mr Irwin and Mr Donovan



Politics News Continued...

AI POLITICS CONFERENCE: Democracy and Truth in a World of AI and Social Media

We went on a trip to Ursuline Wimbledon for a conference on the 17th of January, which I found incredibly enjoyable. There were 5 to 6 other schools joining us in the event, which created a space for socialising and gaining communication about their perspectives.

Firstly, we listened to a panel of speakers involved in Politics, such as **Lord Ahmad of Wimbledon** – Conservative Peer, **Paul Kohler** – New Liberal Democrat MP for Wimbledon, **Siobhain McDonagh** – Labour MP for Mitcham and Morden and **Sheri-Ann Bhim** – Our alumna and local Merton councillor. These speakers gave us insights about their journey into politics, how politics have evolved and the opportunities to access politics. Secondly, **Ben Shields, Founder & CEO of Know-Me.ai**, was the spokesperson and talked about the impact of AI and social media on youngsters. It was amazing to hear it from an expert in that field. He gave us career advice and discussed AI's positive and negative sides.

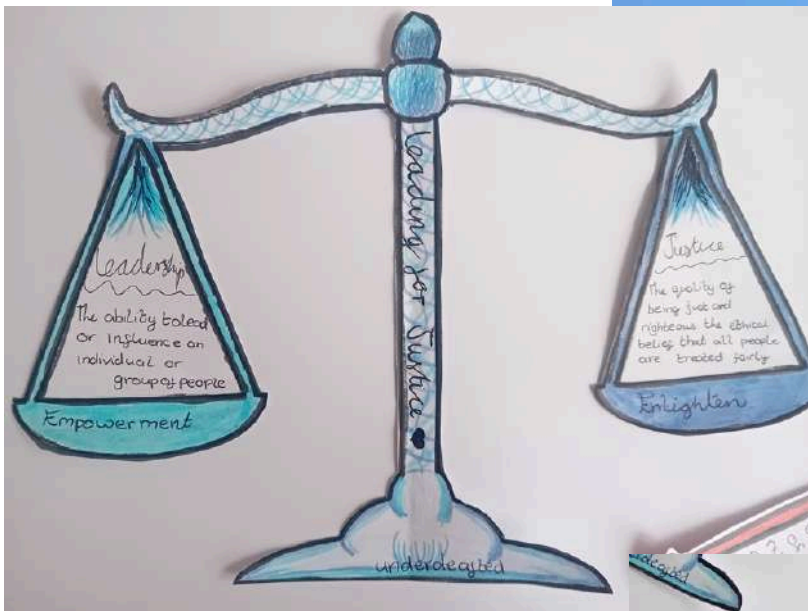
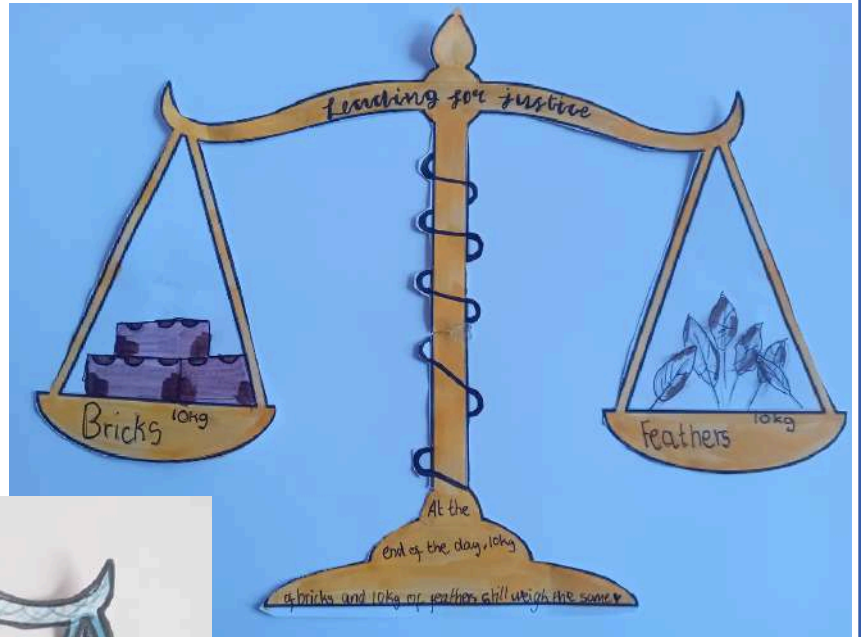
Furthermore, **Jonathan Gifford** from the Cabinet Office spoke about disinformation worldwide and how it has affected the political landscape by persuading people (mainly youngsters in social media). He also mentioned that the trust issue between the people and the politicians is evolving. Moreover, **Paulette Watson, MBE**, shared her work in EDI and AI, focusing on women, precisely diversity and inclusion in a society where certain people dominate. Lastly, the conference finished with a debate called "This House believes that social media and AI are a force for good for democracy," led by **Tom Rattner** and **Daniel Brookes** from the ESU.

participated with other students and gained a good insight into the motion and its strengths and weaknesses. It was a great pleasure and exposure to hear from these people, and it was an eye-opening moment where everyone got a handful of knowledge and advice.

Naga Karthik, 13.2



This half term, our students have been focusing on the **Ursuline Student Profile**, specifically on the theme of '**Leading for Justice**.' As part of their work, they created scales to illustrate the importance of equality and how we can actively work toward justice in our communities. These scales serve as a powerful visual representation of the balance and fairness we strive for in our actions and beliefs.



Half term 2a
Spring 2025



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

Legal Apprenticeship Masterclass, Wednesday 5 February

In our **legal apprenticeships' masterclass**, we'll be discussing what it means to enter the legal profession as an apprentice, the qualifications required to enrol on an apprenticeship and the benefits and challenges of qualifying as a solicitor or paralegal via this route.

With apprentices and recruiters from top law firms taking part in the discussion, this is your students' chance to come along and ask their questions.

Registration link:

https://lbresearch.zoom.us/webinar/register/3217379721955/WN_yguWBESThCkZ59Z2Xd0mw

Please encourage your students to register for the masterclass using the link above. Even if they can't live attend on the day, they'll receive an email with the event recording if they register.

The webinar recording will also shortly be available on our [YouTube channel](#).

Lloyds Banking Group Apprenticeship Insight Event

Banking, Finance & Technology Apprenticeship Opportunities with the UK's Biggest Digital Bank

Would you be interested in learning more about student career opportunities with the UK's largest digital bank? Join us for the Lloyds Banking Group Apprenticeship Insight Event and gain valuable insights into the world of banking, finance, and technology.

Event Details:

- **Date:** Tuesday, 4th February
- **Time:** 5:00pm - 6:00pm
- **Location:** Zoom (link provided upon registration)

<https://www.surveymonkey.com/r/LBG-Careers-Feb>

Apprenticeships with EY

EY

APPRENTICESHIPS WITH EY

SUCCESS AT SCHOOL WEBINAR

LEARN HOW YOU CAN GET PAID WORK EXPERIENCE THIS SUMMER

GET SPECIALIST GUIDANCE ON HOW YOU CAN APPLY TO AN AWARD-WINNING APPRENTICESHIP SCHEME

SPEAK TO CURRENT APPRENTICES TO GET AN OVERVIEW OF TAX, TECHNOLOGY AND AUDIT SCHEMES

SIGN UP HERE!

TUE, 04 FEB
18:30 - 19:15

New TV programme on degree apprenticeships



The first TV programme accompanying [The Sixth Formers' Guide to Degree Apprenticeships](#) is now available to watch.

[The Sixth Formers' Guide to Degree Apprenticeships 2024-2025](#)

The 2025 edition of [The Sixth Formers' Guide to Degree Apprenticeships](#) is available to read 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.





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 here!

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 here!

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F = Fish	P = Peanuts
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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



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

10 Top Tips for Parents and Educators SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.



2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.



3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.



4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.



5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.



6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.



7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.



8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.



9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.



10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.



Meet Our Expert

Adam Gillett is Associate Vice-Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.



#WakeUpWednesday

The National College

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

