



Ursuline Academy Ilford

Weekly News – 2024/2025 Issue 20
7th February 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,

This week, I am filled with pride as we celebrate the incredible achievements and creativity of our pupils across the school. From the South Asian Society flower-making workshop marking **Basant Panchami** to the exciting chemical reactions explored in Science Club, our students are showcasing their passion for learning in diverse and inspiring ways. Creativity has flourished in MFL, Geography, and RE lessons, and our mathematicians in Years 9–11 have excelled in the UKMT Maths Challenge—an impressive testament to their hard work and talent.

As we look ahead, we will continue to celebrate learning and diversity with upcoming events for LGBT+ History Month, championing allyship and accompaniment, and the International Day of Women and Girls in Science, where we will highlight the vital role of women in STEM.

Together, these moments reflect the richness of our school community and our commitment to nurturing every student's potential.

Fiona Stone,
Headteacher **SERVIAM**





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Chaplaincy News

Pope Francis@Pontifex – 4th February

Our heavenly Father wants us to accept one another as brothers and sisters of a single family and to work for a future together with others, not against them. True wealth lies in people and good relationships with others. [#HumanFraternity](#)

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

February: Esteem

7th February: And always let your principal recourse be at the feet of Jesus Christ.

8th February: God has given free will to everyone, and wants to force no one, but only proposes, invites and counsels.

9th February: Bear with them all equally, for it is not up to you to judge.

10th February: Have patience!

11th February: You will achieve more with kindness and gentleness than with harshness and sharp rebukes.

12th February: Be gentle and compassionate towards your daughters.

13th February: Tell them that they should want to be united and in concord together, all being of one will.





Chaplaincy News

St Josephine Bakhita

St Josephine Feast Day: 8th February

On Friday 7th February all Josephine forms gathered for an assembly to celebrate the life and religious devotion of St Josephine Bakhita. The assembly was led by Mr McCarthy and his form 7 Josephine (see next week's Newsletter for more assembly news).

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 extremely cruel and dehumanising.

In 1883 her owner, the Turkish general sold her to the Italian Vice Consul, Callisto Legani who was a kind man. When he returned to Italy, she begged him to take her, and he agreed. While in Italy Josephine was placed in the 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 from a trip, 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 honourably 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 all the victims of human trafficking.

St Josephine Bakita, pray for us



O St. Bakhita,
Assist all those who are
trapped in a state of slavery;

Intercede with God on their
behalf so that they will be
released from their chains of
captivity.

Those whom man enslaves,
let God set free.

Science Club

Fizzing Reactions and Slime Creations: Fun with Chemical Reactions

Last week in science club, we had a blast exploring chemistry with the Rainbow Fizz Experiment. Students learned about acids, bases, and pH indicators by mixing hydrochloric acid with sodium hydroxide. As the chemicals reacted, the pH indicator changed colours, creating a rainbow effect and demonstrating how chemical reactions can alter the properties of a solution.

This week it was time to get our hands dirty (wearing gloves of course) with some Slime Science. Armed with glue, borax, and vibrant food colouring, students created their own gooey slime. As the borax and glue reacted, they formed a stretchy polymer that was both fun to play with and an exciting demonstration of how molecules can bond together to create new materials.





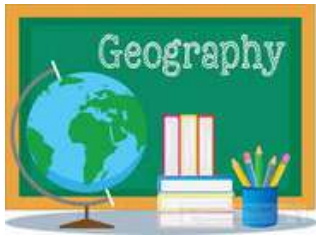
South Asian Society

The South Asian Society recently hosted a paper flower-making workshop to celebrate Basant Panchami, a festival that marks the anticipation of the changing seasons. As we eagerly await the arrival of warmer days here at Ursuline Academy Ilford, the onset of spring is seen as an auspicious time for new beginnings.

"We had so much fun making flowers and connecting with everyone," said **Lakshmi** and **Manjulie**.

It was a wonderful opportunity for all to come together in celebration and creativity.



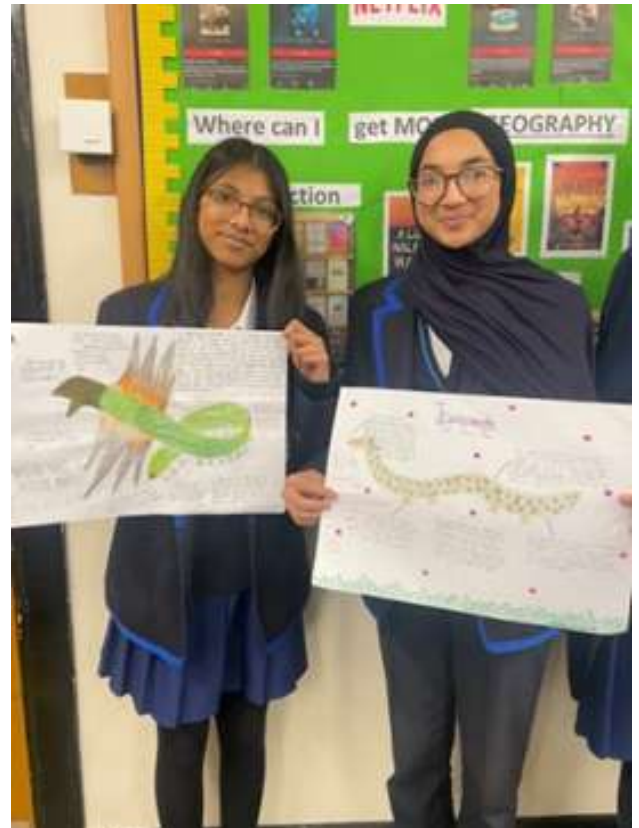


Geography News

In Geography the Year 8s have been learning about tropical rainforests and how plants and animals adapt to this ecosystem. For their homework they designed their own animals which had special adaptations, this included how their animal adapted to the humid climate and which layer of the rainforest it inhabited. The creativity and thoughtfulness of the students' designs were outstanding! Have a look at some of the top animal designs from 8.C.



Mokshita and Chidera



Dia and Aisha

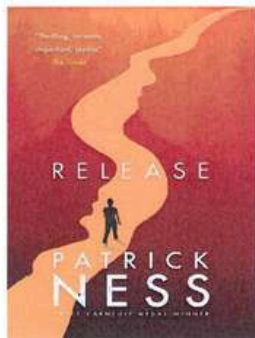
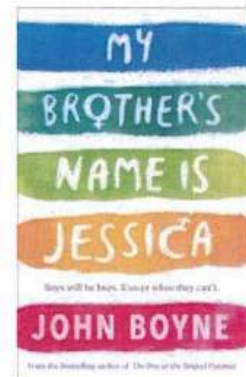
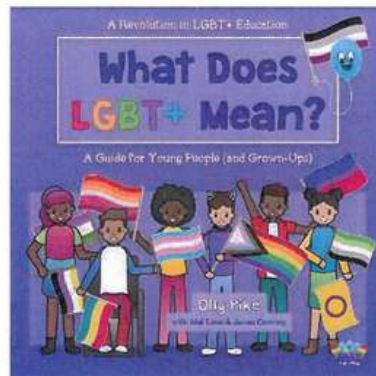
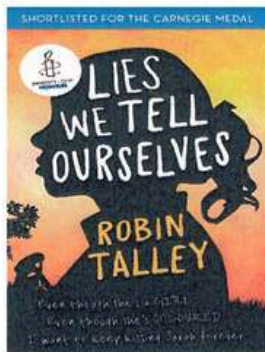


Fatimah and Alandra

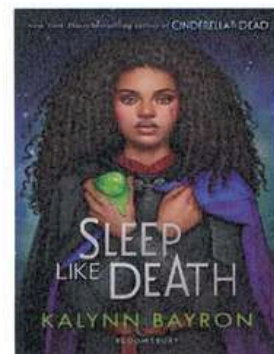
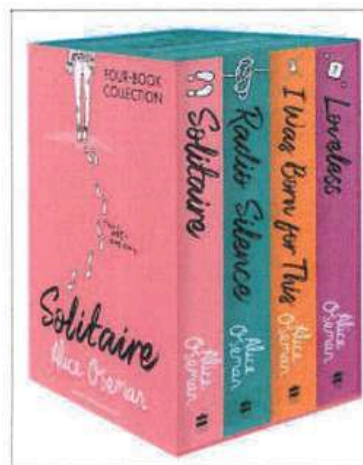
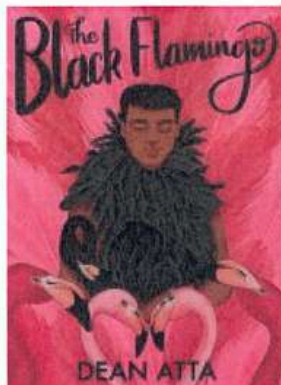
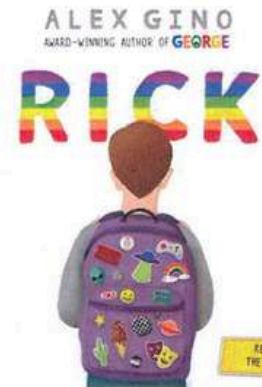
Ms Colder, Head of Humanities



Library News



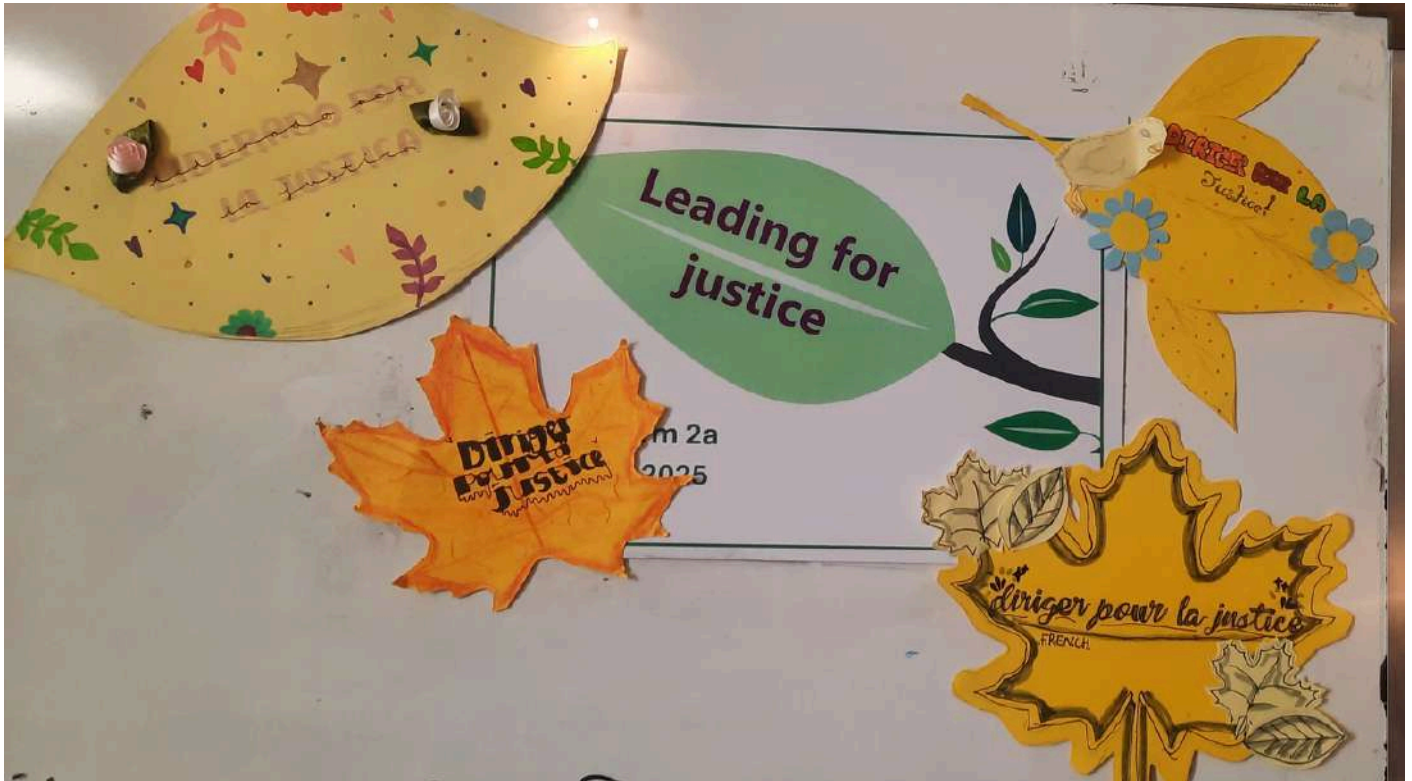
February is **LGBT+ History Month**, an annual month-long observance of lesbian, gay, bisexual and transgender history, and the history of the gay rights and related civil rights movements.



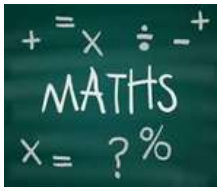


MFL News

This week in the Languages department students have been translating our Ursuline values into both French and Spanish as well as designing a new leaf to add to the displays. The focus this time is on Leading for Justice. Well done to all those students who received merits for their work



Mr Clare, Teacher of Spanish



Maths News

Celebrating Our Young Mathematicians: UKMT Intermediate Maths Challenge Results

We are absolutely thrilled to share the fantastic achievements of our Year 9–11 students who participated in the UK Maths Trust (UKMT) Intermediate Challenge on 29th January 2025. The UKMT is a prestigious charity that promotes a love of mathematics, and our students rose to the occasion with remarkable skill and enthusiasm.

This challenging competition, designed for students up to Year 11, pushes participants to think critically, reason logically, and solve problems with precision. It's a 60-minute multiple-choice challenge with 25 questions that truly test mathematical flair and problem-solving abilities. For many, the problems were a tough nut to crack, but our students shone brightly!

The following Gold winners have been invited to take part in the next round of the UKMT called the Pink Kangaroo on March 20th 2025. This is the first year this has happened, and this is a huge achievement.

***Zhiyi Chen Yr 11, Hiruthayani Maheswaran Yr 11, Elizabeth Ayelabowo Yr 11,
Sajia Husain Yr 10 and Aaliyah Khan Yr 10***

In addition we had a further 3 Gold winners, 18 Silver awards and 31 Bronze awards! Each and every one of these students deserves applause for their hard work and determination. Additionally, all participants received a Certificate of Participation for their efforts in taking on this challenging competition.

We want to congratulate all of our students for their resilience and dedication. Their achievement in tackling such a rigorous challenge is a testament to their passion for learning and their ability to think beyond the obvious. We are incredibly proud of each and every one of them!

I would also like to thank Ms Kayode for organising this competition. Later on in the year we will be having the Junior Maths Challenge for Y7 and 8 students...watch this space!



Mr S. Deen, Head of Mathematics



PE News

PE Stars of the Week

Emily Loureiro 10J – Emily is an outstanding student who consistently puts in her best effort in every lesson. She is dedicated, hardworking, and excels in the classroom. During badminton lessons, Emily is always eager to take on any opponent and demonstrates great sportsmanship. She actively supports her peers by offering constructive feedback to help them improve their techniques and skills. Even when watching from the sidelines, Emily remains engaged, providing encouragement and motivation to her classmates. Her positive attitude and team spirit make her a valued member of the class.



Ayleen Henao Maldonado 9C – Ayleen is an exceptional student who consistently puts in maximum effort during every lesson. She approaches new sports with enthusiasm and a positive attitude, inspiring those around her. Ayleen is always willing to demonstrate skills on the trampoline when asked, showcasing both confidence and skill. Impressively, she was one of the first students to complete 16 swivel hips in a row an incredible achievement. By accomplishing this, Ayleen not only set a high standard but also encouraged and motivated her classmates to challenge themselves and try it too.

Keep up the good work girls!

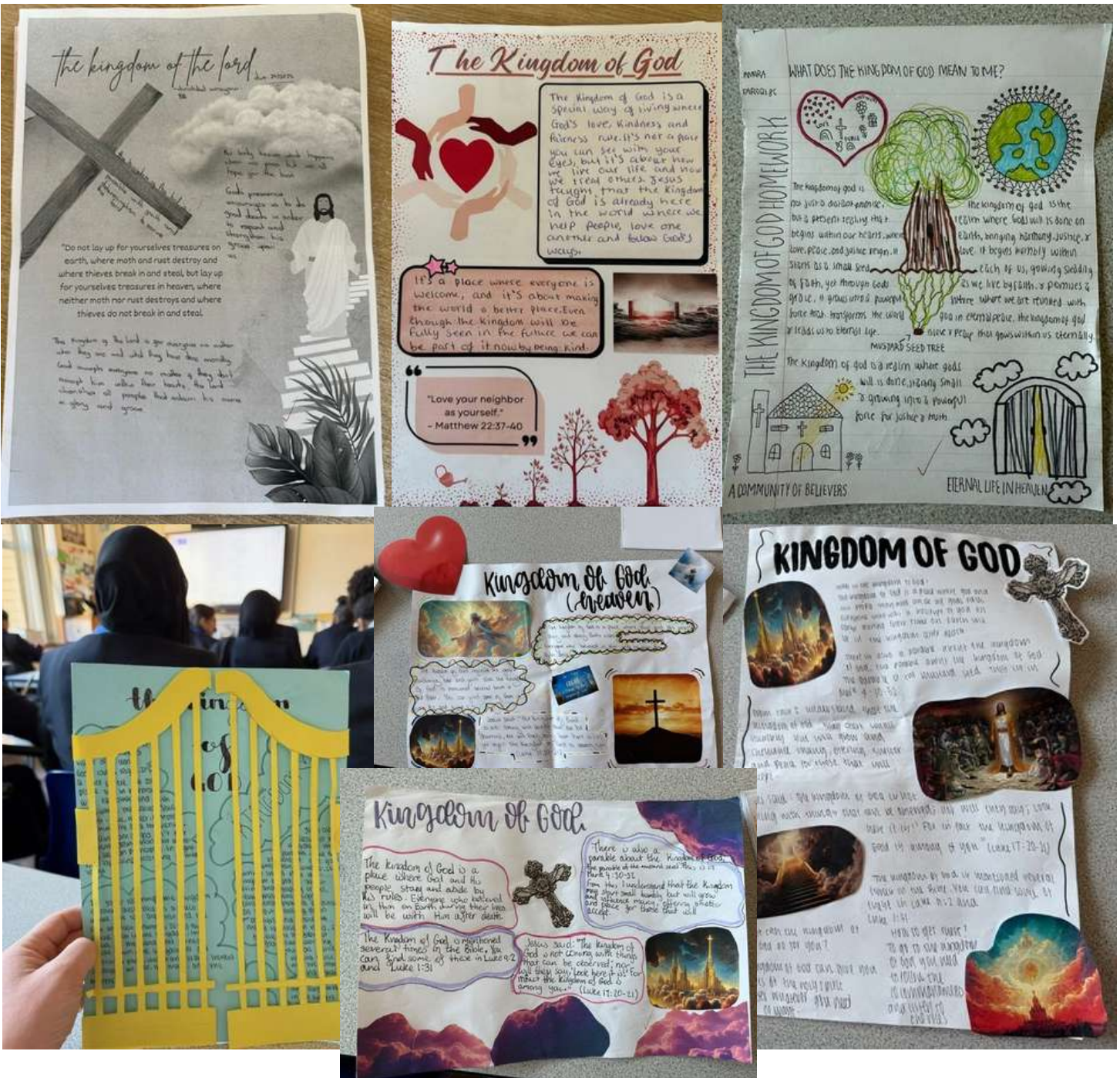
Ms Whates, Teacher of P E

📖 The Kingdom of God: A Creative Expression by Year 8 📖

In this edition of our school newsletter, we are thrilled to showcase the incredible creativity of our Year 8 students! (8C & 8R). As part of our Religious Studies lessons, we explored the concept of the Kingdom of God and expressed our understanding through beautifully designed posters.

Each piece reflects their unique interpretations—illustrating themes of faith, love, justice, and hope. From powerful imagery to inspiring messages, these posters highlight the deep thought and artistic talent of our students.

Join us as we celebrate their work and reflect on what the Kingdom of God means to us today! 🌟🌟



Ms Posnakidou, Teacher of R E



Science News

Next week, the Science department will be celebrating the International day of Women and Girls in Science. This will include discussions in form time, research in Science lessons, homework projects and the opportunity to watch the inspiring film 'Hidden Figures' during lunchtime.

Come along to watch in G7 Monday-Friday 1:10-1:40!

INTERNATIONAL DAY OF
WOMEN AND GIRLS
IN SCIENCE
11/02/25



**CELEBRATE WITH US AT UAI: IN FORMTIME,
IN SCIENCE LESSONS AND AT LUNCHTIME!**

READ THE NEWSLETTER FOR MORE INFO!



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

TLT Solicitor Apprenticeship - applications open now!

About the Solicitor Apprenticeship

Based in Bristol, London, Birmingham or Manchester, our six-year Legal Solicitor Apprenticeship gives you the opportunity to grow your legal knowledge and business development experience whilst studying for your law degree. It puts you right at the heart of the action and is all about giving you real work, creating real results and getting recognition for your achievements.

Eligibility Requirements for the Solicitor Apprenticeship

- 120 UCAS points (BBB A-level or equivalent)
- Right to Work in the United Kingdom

[Apply for the Solicitor Apprenticeship!](#) **Deadline - 23/02/2025**

NHS Data Apprenticeship Recruitment Briefing

This session will provide useful information for anyone considering data roles in the healthcare sector, especially those seeking to start their careers through apprenticeships.

Date: 11th February 2025, Time: 6:30pm,

Platform: Online [register for the session](#)

Join IBM?

At IBM, you'll have the opportunity to work on groundbreaking projects that tackle some of the world's most pressing challenges - like curing diseases and cleaning our oceans.

Our employees are driven by a passion for knowledge, logic, and science, working together to improve business, society, and humanity.

By joining IBM, you'll:

- 🌍 **Be part of a community** committed to creating a more equitable world.
- 💡 **Explore your curiosities** and contribute to real, lasting change.
- 🌟 **Make an impact** where it matters most.

[Let's connect! - IBM](#)

Apprenticeships and Work Experience in Science, Technology, Engineering & Maths

Explore STEM careers across multiple industries, gain insights from professionals, and learn how you can start your career through an apprenticeship.

- Meet Leading STEM Employers
- Hear from top STEM companies,
- Explore STEM Apprenticeships and Work Experience –
- Meet Industry Professionals – Hear from experts working in STEM careers across different industries.
- Get Application Tips – Understand what top STEM employers look for in apprentices.
- Future-Proof Your Career – Gain insights into how STEM careers are evolving

Event Details

Date: Monday, 10th February 2025, Time: 5:00pm - 6:30pm, Location: Zoom

Register here: <https://www.surveymonkey.com/r/YP-STEM-NAW>

ACCA Apprenticeships

Accountancy Apprenticeships are more than just a qualification—they're a springboard to success. Combining classroom learning with real-world experience, these apprenticeships help students build confidence and develop the skills they need to succeed in a dynamic and exciting industry.

- Earn while you learn: Students get hands-on experience in real finance roles, all while studying toward a respected qualification.
 - No university debt: With tuition covered by employers, they can start their careers without worrying about student loans.
 - Globally recognised: ACCA qualifications are valued worldwide, giving students a competitive edge wherever their journey takes them.
 - Clear progression: Apprenticeships are a direct route to becoming a fully qualified ACCA member, opening up senior roles and exciting job opportunities
- Future-ready skills: From problem-solving and communication to financial analysis, students gain essential skills. [ACCA Accountancy Apprenticeships](#) | [ACCA Global](#)

PwC Virtual Experience Day - Year 11, 12,13

Join the **PwC Virtual Experience Day** during February half term to explore career opportunities in **business, finance, accounting, and professional services** while developing key employability skills. **Date:** Tuesday, 18th February

Time: 10:00 AM – 3:00 PM

Location: Virtual (join from anywhere)

Whether you are considering an apprenticeship, exploring work experience, grad roles, or simply want to learn more about the industry, this event will provide **first-hand insights and career advice** to help you take the next step.

Register Here: <https://www.surveymonkey.com/r/PwC-WExDay>

University events (Summer Schools/Residentials)

Summer schools – a taste of university life - We're busy gathering details on all university summer schools and residentials, offering students a great way to experience university first-hand. [Find out more and search for a summer school here](#)

Free university taster day, London Anthropology Day.

London Anthropology Day is a free event for Year 12, Year 13 and will take place at **Senate House, London on Friday, 25th April 2025.**

Participate in engaging workshops led by university lecturers from anthropology departments across the UK

- Compare undergraduate courses by visiting university stalls
- Gain tips on university admissions
- Explore career paths in anthropology

Please visit [our website](#) to learn more about the event.

We'll be officially opening bookings in **March 2025**. In the meantime, you can join our [notification list](#) to stay updated and be the first to hear about programme details and booking information.

Online Webinar: Accountancy Apprenticeships with NAO

Purpose with Impact: The NAO is the UK's independent public spending watchdog which means they scrutinise public spending for Parliament and hold government to account for the way in which public money is spent. They directly shape how public money is spent—impacting healthcare, education, and more.

Tue, Feb 25, 6:30 PM - 7:30 PM GMT, Online event

[Microsoft Virtual Events Powered by Teams](#)

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!

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)



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!

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!

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

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)

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



School Lunch

What Parents & Educators Need to Know about SCAMS AND FAKE NEWS

WHAT ARE THE RISKS?

"Fake news" refers to falsified or misleading material presented as a legitimate account of events. It's often used by malicious actors online to push an agenda, or even by criminals as a way of making scams more persuasive. Scammers can trick us into handing over personal information, security details and even our hard-earned cash.

"CLICKBAIT" PHISHING SCAMS

A message arrives saying "Have you seen this video of yourself?" or you might be sent an attention-grabbing headline about a celebrity that's been shared on social media. This kind of "bait" is produced by scammers to drive us to click on an unsafe link, where malware could be downloaded to our devices. These scams rely on our curiosity and our "need-to-know" instinct.

SALES, DEALS & DISCOUNTS

Some scams appear as adverts, offering a chance to buy something – such as designer products, expensive gadgets or tickets to a popular show – at a reduced price. Such plays often include a time limit or countdown, urging us to hurry so we don't miss out on the deal. This pressure encourages us to input personal details or payment information before pausing to check if it's legitimate.

YOU'RE A WINNER!

This kind of scam involves fake giveaways, opportunities or freebies. It could be a message saying we've won a prize draw or competition. Or it could be a gift, free trial, bonus credit, and suchlike. It might claim that a package or refund is waiting. All these techniques are used to prompt us to share our personal information, thinking that there's something to be gained by doing so.

FALSE FRIENDSHIPS

Scammers often pretend to be someone they're not to gain their victims' trust. They might attempt to convince any children they connect with that they're a child of similar age with shared interests. Warning signs include a high volume of messages (often with an intense tone), secrecy, inappropriate levels of intimacy, guilt tripping, emotional manipulation, threats or blackmail.

PANIC MODE

To trigger a sense of panic, scammers may claim that a child's account has been hacked, or a virus has been installed on their device, or any number of other scary scenarios. They may claim to be able to fix the problem or offer a solution – if the child hands over control of the device or sensitive information. Similar scams involve impersonating a friend or relative, claiming that they're in trouble and need help.

FAKE CELEBRITY ENDORSEMENTS

Impersonating influential people online is a common tactic for scammers, who can use technology to create fake photos, audio and even videos that look authentic. These can be used to convince us, for example, to buy products, sign up for so-called "business opportunities" or invest in cryptocurrency schemes – all of which are fake or otherwise malicious. Many scams also involve the impersonation of popular companies' social media accounts, as well as those of individuals.

Advice for Parents & Educators

STAY INFORMED

Stay up to date with the latest information and best practice on cyber-security. See what scam stories are reported in the news and make note of what tactics were used. Keep up with young people's digital lives: talk about what they're doing online and use properly endorsed resources to learn what risks certain sites and apps pose to their younger users.

TALK TOGETHER

Chat often and openly with young people about fake news, online scams and how they both work. Encourage them to talk to you about anything they're unsure of or worried about online. If a child claims to have been scammed, don't pass judgement. Blaming the victim may deter young people from asking you for help. Remember: adults are scammed just as often, if not more.

ENCOURAGE HEALTHY SCEPTICISM

Most scams rely on emotional or psychological manipulation, tapping into our human instincts – whether that's to keep ourselves safe, help others, find answers, make friends, avoid losing out or to secure something we really want. Encourage children to recognise that pressure to act and to always consult with an adult – especially if what's on offer sounds too good to be true.

BE PROACTIVE

Children increasingly use digital devices for education, socialising, shopping and play. Don't wait for a problem to arise before you discuss the risk of scams, false information and fake news. Highlight what to look out for and clearly communicate under what circumstances the child ought to speak to an adult. Finally, ensure that they're aware of the support services that are available to them (such as Childline).

Meet Our Expert

Dr Holly Powell-Jones is the founder of Online Media Law UK and a leading expert in digital safety, media law and young people. Her PhD investigates children's understandings of risk online. She works with schools, businesses, and universities to provide award-winning education on the criminal, legal and ethical considerations for the digital age. Visit OnlineMediaLaw.co.uk for more.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at <https://nationalcollege.com/guides/fake-news-and-scams>

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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

