



Ursuline Academy Ilford

Weekly News – 2024/2025 Issue 21
14th February 2025



Upcoming Events

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.



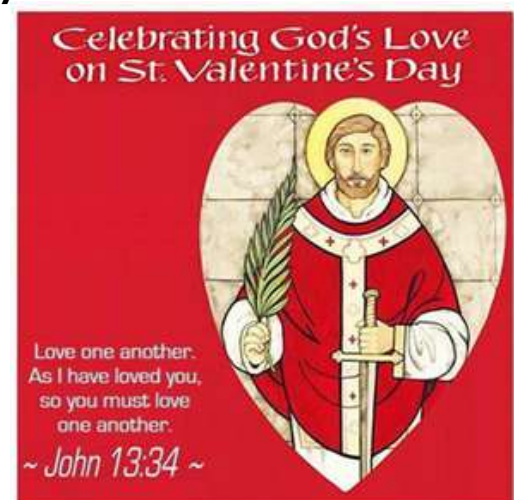
Headteacher's Headlines

Dear Parents & Carers,

This Valentine's Day, we reflect on the legacy of St. Valentine, who lived a life of love, compassion, and selflessness. His dedication to spreading God's love resonates deeply with the values and virtues of the Ursuline Academy, where we strive to foster a community rooted in kindness, respect, and service to others. Let this day remind us all to embody love in its truest form—through acts of generosity, forgiveness, and care for those around us, as we continue to live out the spirit of *Serviam*.

We hope all our students enjoy a restful and enjoyable half-term break. Take this time to recharge, stay safe, and spend quality time with family and friends. We look forward to welcoming everyone back to school, refreshed and ready for the second half of the Spring term, on Wednesday, 26th February.

Fiona Stone,
Headteacher **SERVIAM**





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Chaplaincy News

Pope Francis@Pontifex – 12th February

We were not born to kill but to foster the growth of all peoples. Please ask for peace in your daily prayers. Let us [#PrayTogether](#) for [#Peace](#) and do penance on behalf of peace.

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

February: Esteem

14th February: Above all keep your heart pure and your conscience clean of every discord and evil suspicion.

15th February: Where there is discord, without any doubt there is ruin.

16th February: Love all equally, because they are all creatures of God.

17th February: In everything, willingly be gentle.

18th February: Spread peace and concord wherever you are.

19th February: Let all their behaviour flow from charity and be accompanied by patience.

20th February: Don't stay angry.





Chaplaincy News

St Josephine House Assembly:

On Friday 7th February all Josephine forms gathered for an assembly to celebrate the life and Religious devotion of St Josephine Bakhita of Sudan.

The assembly was led by Mr McCarthy and his form 7 Josephine. The Josephine forms were treated to an inspiring narration and drama performance of St Josephines life;

From her birth and kidnap into slavery as a young girl. To her devastating and dehumanising treatment at the hands of her cruel slave owners over the next 12 years. To her emancipation in Italy; joining the Canossian Sisters in Venice and her discernment to follow Christ.

After the performance Ms Stone our Headteacher congratulated the form for such an energetic and captivating presentation of St Josephine's life. The House saint T-shirts were proudly worn by the students.

All Josephine form students were received a chocolate treat in honour of their House saint. 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



Ms Semambo, Teacher of R E



Science Club

Egg-cellent Physics: Parachute Challenge!

This week in Science Club, we explored the science of air resistance with a fun, hands-on experiment of creating our own egg parachutes. Students used cups to secure the eggs, plastic bags for the parachutes, and string to tie everything together. Once the parachutes were ready, it was time to decorate our eggs and take them up to the balcony for a thrilling test flight. It was lovely to see the excitement as each egg descended to the ground, arriving safely due to their very own parachutes.





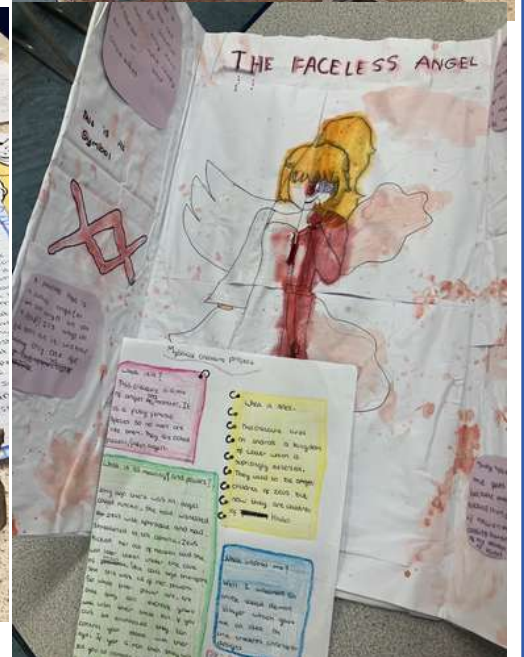
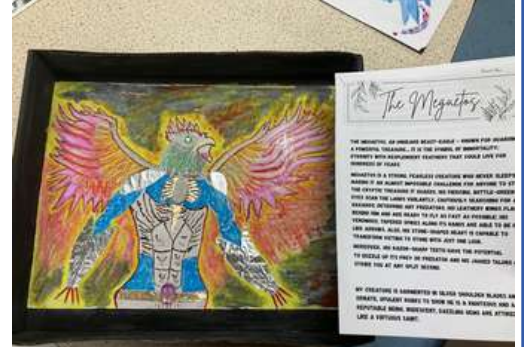
English News

We are delighted to share with you the details of a Year 7R and 7J competition called, "**My Mythological Creation.**"

The students have been studying an adapted version of, Homer's, "The Odyssey." Each of them has produced a creation and corresponding description as part of their own exciting and adventurous journey through creative writing techniques. Please enjoy the images of their work in this article.

Of course, none of this was possible without the support of our staff. I would like to thank Mr Adlam and our Facilities Department for assisting in displaying and protecting the work. Thank you Miss Abbasi Freeman for supporting the project and of course to our judges, Miss Stone, Miss Riste, Miss Posnakidou and Miss Cooper for their sponsorship of this imaginative work. I would especially like to thank Miss Stone for her support in ensuring that this a collaborative project with the Greek Mythology Club and Miss Posnakidou for welcoming this collaboration with such enthusiasm and sharing her incredible expertise.

Winners will be announced during their Year assembly meeting next term. Good luck to our students, we are so proud of you!



We have 2 Jack Petchey Award Winners this term...

Nabeela Quayyum, a Year 7 student, consistently goes above and beyond to support and help those around her. Whether it's offering assistance to classmates with their work, comforting a friend in need, or volunteering her time for school events, Nabeela's selflessness and compassion shine through. Well done Nabeela!

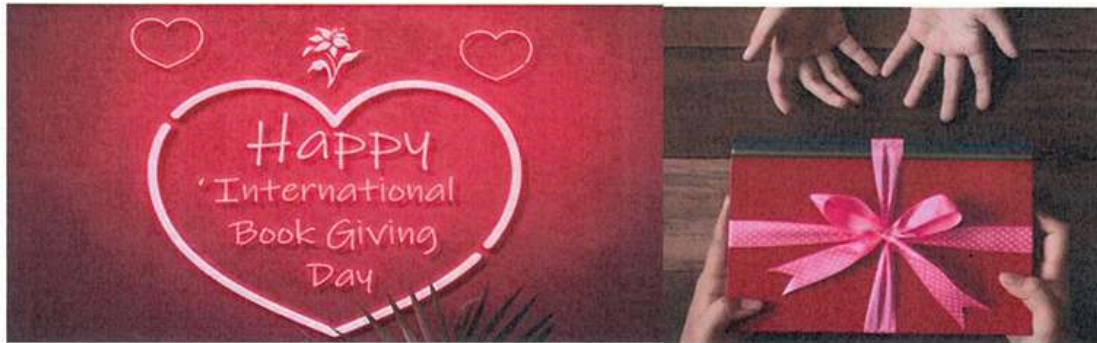


Maryam Rahman, a Year 10 student, has been awarded the prestigious Jack Petchey Award for her exceptional kindness and dedication. She consistently demonstrates kindness, always ready to lend a helping hand to her peers and community. Her initiative and caring nature make her a true role model, embodying the values of SERVIAM in everything she does.





Library News



International Book Giving Day is celebrated on the 14th of February every year.

International Book Giving Day is a beautiful celebration of the written word and its ability to transform lives. By participating in this global event, you can make a positive impact on literacy and inspire a lifelong love of reading in others. Whether you gift a book to a friend, donate to a local organization, or organize a book drive, your efforts contribute to a world where books are accessible to all.

So, on February 14th, let's share the love of books and the joy of reading. Give the gift of a book and spread the love of literature! Join in by celebrating the power of books to educate, entertain, and inspire.

And in the spirit of giving

Newspapers and Magazines straight to your phone **Free**

Want to stay connected to the news whilst you are on the go? Then download press reader and get access to over **7000 newspapers and magazines**. Featuring top titles from over 120 countries and over **60 different languages**, there's plenty for you to choose from. And the best thing? It's free to use with **your library card**.

Download Press Reader and link it to your library card

Newspapers



Magazines





MFL News

Bonjour les crêpes!

This week, our French students have been celebrating La Chandeleur* (Candlemas) in style and have taken part in 'crêpes' cooking activities. Miam Miam!

Everyone had loads of fun cooking and eating the delicious French style pancakes, with the help of the wonderful Language student ambassadors. A special thanks to **Hannah Mahmood** (8C) for supplying the batter!

La Chandeleur (Candlemas or Crêpe Day) is celebrated in France on 2 February, 40 days after Christmas Day, and sees people young and old tuck into delicious pancakes. The origins of the celebration date from ancient times, but over the centuries many French regions have created their own traditions to ward off evil spirits or guarantee prosperity for the coming year.



WORKSHOP

CRÊPE COOKING!
FOR LA CHANDELEUR



WED 12th FEB
12:40AM F12

YOU WILL COOK AND EAT 2 CRÊPE WITH A SWEET FILLING OF YOUR CHOICE! CONTAIN EGGS!!

TICKETS ARE LIMITED! COST : £1.50



Ms Grassi, Subject Lead, MFL



Oxford University Trip

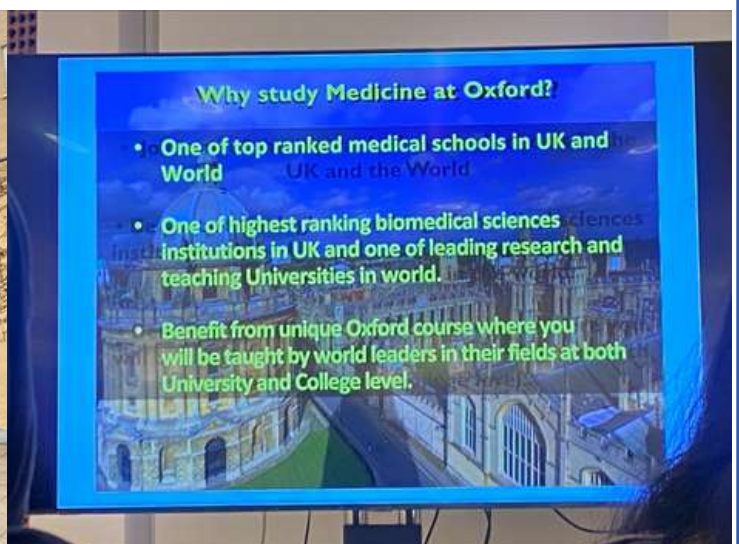
Pakistani & Bangladeshi Young Women's Access Event at Oxford University

This week a group of UAI girls from Years 10 and 12 had an exciting opportunity to visit the University of Oxford for an Access Day designed specifically for young women from Bangladeshi and Pakistani heritage. This inspiring event was organised by Hannah Rolley, Head of Access and provided a real insight into what it's like to study at one of the world's top universities.

We started off at the Oxford Centre for Islamic Studies. Founded in 1985, it is an institution for the advanced study of Islam and the Muslim world. His Majesty King Charles III is its Patron. In 2012 it was granted a Royal Charter by HM Queen Elizabeth II. The girls took part in interactive taster medical and physics lectures, experiencing university style learning firsthand. They were then led by Professor Mohammed and ambassadors who showed a fascinating tour of the centre, exploring historical artefacts, the mosque, lecture theatres, gardens, lunch halls and the Oxford Islamic centre library where they have a substantial collection of books, journals, and other materials about Islam. It was incredible learning about the centre's role in academic research.

During the afternoon, the group walked to Trinity College where they got to see the halls of residence and attended an informative session on Oxford admissions, courses, and careers. This session helped them better understand the application process, entry requirements, and what Oxford looks for in students. One of the most engaging parts of the day was the Q&A session with Oxford ambassadors and societies while enjoying afternoon tea in the Hall and asking questions about student life, academic challenges, and support systems at the university.

The visit ended with tours of Trinity College, giving the girls the chance to explore Oxford's historic buildings and picture themselves studying there in the future. They also had the opportunity to visit the amazing chaplaincy, prayer areas, and the outdoor spaces, gaining an insight into the facilities available for students from diverse backgrounds.



This Access Day linked with our Leading for Justice 'leaf' at UAI, as it emphasised the importance of inclusion and opportunity for all. A few of our Bangladeshi and Pakistani heritage girls were able to see that prestigious institutions like Oxford University are within their reach, regardless of background.

The day was about showing our young women that they belong in spaces where they may have previously felt under represented. It empowered them to dream big and pursue their ambitions without limits. At UAI, we believe in creating opportunities that promote fairness and justice, and this trip reinforced that commitment.

For many of them, this was the first step towards seriously considering Oxford as a real and achievable goal and sharing their experience with their peers at UAI. They now have the self confidence to see Oxford as a place where they, too, can thrive and contribute to its long-standing tradition of academic excellence.

Student Feedback:

Maziyah: "Very informative! It gave me a great insight into life at Oxford, the courses they offer, and it truly inspired me."

Fatima Siddiqui: "It motivated me to apply to Oxford, and the ambassadors were really informative and relatable."

Ania: "I enjoyed the trip a lot because I learned so much about university life and got to explore different colleges."

Ambar: "It was great! The food was amazing, and everyone was so friendly."

Malghalara: "I loved the whole experience!"

Fatima Kayani: "It was very enjoyable, and the seminars were really interesting."

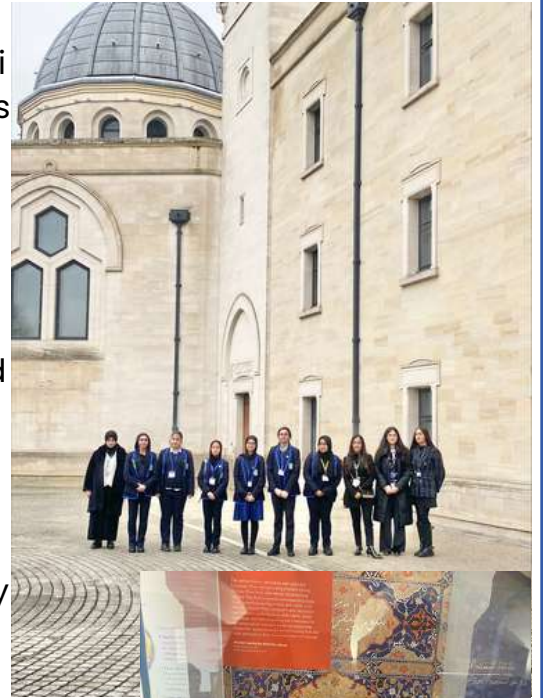
Dua: "It was an amazing experience that gave me a better understanding of the application process. Visiting the Islamic Centre was a highlight!"

Syra: "The trip was helpful and insightful—it gave me a clearer vision for my future career."

Liba: "The whole experience was fantastic! I met inspiring people who shared their Oxford journeys, and the seminars were brilliant. It also helped me understand the application process and how to write a strong personal statement. I loved the whole trip—thank you, Ms Ahmed!"

#Serviam

Ms Ahmed, Teacher of Business & Computer Science





Music News

Last week saw Year 11 GCSE Music students given a boost for their forthcoming music exams as Ms Geraldine McCoy from All Saints, Dagenham lent a supportive and very experienced hand to deepen the girls knowledge and understanding of the syllabus. Throughout the intensive day the girls were given valuable feedback on the skills of composing as well as practicing ensemble performances, Geraldine said , ' not practicing until you get it right but practicing until you can't get it wrong!'

She also shared many hints and tips on how to be successful in the listening and written component, using the mnemonic MADTSHIRT to remember key terms.



This day really helped me with my compositions. **Tolu**

Practising my ensemble performance really helped to improve and increase my self confidence. **Laksha**

Mr McGhee, Assistant Headteacher



PE News

PE Stars of the Week

Caoimhe Burke 8J

Caoimhe is an outstanding student who consistently puts in her best effort in every lesson. She is dedicated, hardworking, and excels in the classroom. Always willing to demonstrate skills on the trampoline, she provides her peers with a clear visual guide on technique and execution, showcasing both confidence and skill. Caoimhe is also a fantastic source of encouragement and motivation, always ready to support her classmates and offer help when they struggle. Her positive attitude and willingness to assist others make her a valued member of the class.



Katherine Lynn 11T

Katherine is a remarkable student who is consistently engaged in every lesson. She approaches her trampoline routine with enthusiasm, always open to trying new techniques and strategies to enhance her performance. Katherine actively supports her peers by providing constructive feedback, helping them refine their skills and improve their techniques. Her dedication and strong work ethic are evident in every lesson, making her a valued and inspiring member of the class.

Keep up the fantastic work girls!!

Ms Whates, Teacher of PE

The Life of St. Angela Merici Display Our school patron Saint and Foundress: St. Angela Merici

In honour of our Patron saint and foundress; St Angela Merici Year 7 and 8 forms have created inspiring story-boards and pictorials that display St Angela's life and religious devotion.

The girls were particularly inspired by St Angelas radical approach as well as the dedication to God and commitment to education that Angela and her followers had. A woman of action and prayer who was convinced that God was calling her to serve others through the ministry of education.

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.

St Angela Merici, Pray for us





Science News

Celebrating 'International day of women and girls in science', pupils researched an inspiring female scientist and presented her research, achievements, and hardships. The pupils were inspired by the courage and resilience these women showed. One pupil, Riya 8J, shared her mother as an inspirational scientist!



 **BRITISH
SCIENCE
WEEK**
7-16 March 2025

Celebrate Science Week at
UAI with the Science
department.

We can't wait to show you
what we have planned...



Ms Filipe, Head of Sciences



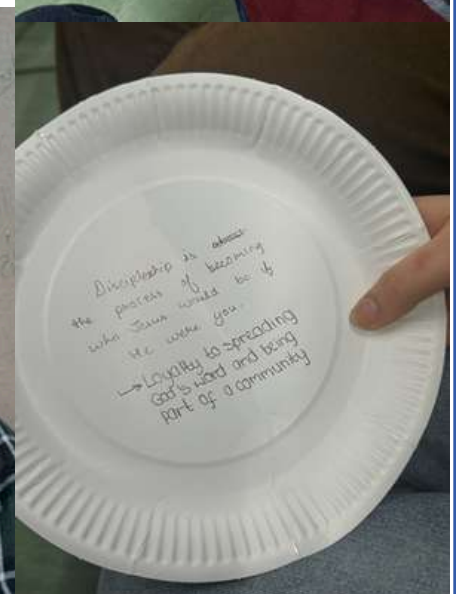
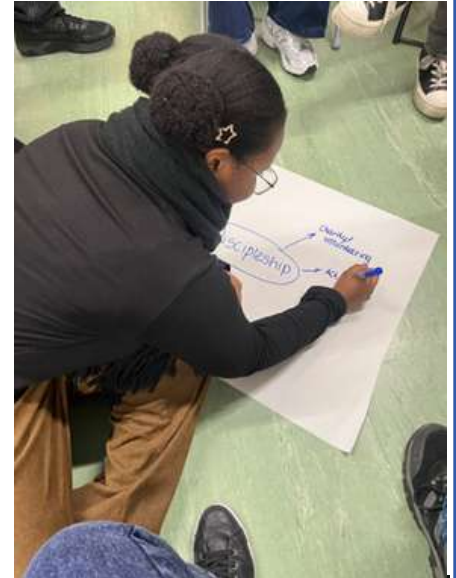
Ursuline Links News

Ursuline Links, Discipleship and Leaderships Study Day

Last Saturday, a group of UA6 students attended an amazing Ursuline Links day. We got to meet up with students from other Ursuline schools and engaged in a range of different activities that day, including brainstorming our ideas about what we thought about 'Discipleship'. This made us think a lot about what it means to be a 'follower'. Later, we presented our ideas to everyone and listened to the other school's views, which all in all, helped us build on skills we didn't know that we possessed.

This really helped us with our public speaking and has very much increased our confidence, since we were able to connect with new people. We were also put in different groups, so we were able to exchange views with other students from different schools. We were also given quotes by St Angela Merici and Pope Francis and as a group we were told to discuss it in ways that we could understand, which helped us find people who saw the world in the same way that we do. This experience was informative great fun, and we hope to attend more of these in the future!

Lakshmi, Blinzy, Manjuli and Melissa UA6



Mr McGhee, Assistant Headteacher, Head of R E



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

Search and apply for the latest opportunities with top employers including:

EY,	Warner Bros	National Grid,
National Audit,	EON	Tesco
Aldi	PWC	Morgan Stanley

More details here [Jobs - Success at School](#)

Exclusive Law Work Experience – Register Now for February Half Term

Whether you're considering a **solicitor apprenticeship** or exploring the traditional university route, this **exclusive Clifford Chance Virtual Work Experience Day** is your chance to gain **first-hand exposure to the legal world** during February half term.

Event Details

Date: Friday, 21st February, **Time:** 10:00 AM – 3:00 PM, **Location:** Zoom (Virtual)

For: Year 11 and 12 students

Register Here: <https://www.surveymonkey.com/r/CliffordChance-WEx-Day>

Royal Veterinary College Summer Schools - Year 10-12 students

Every year, the Royal Veterinary College (RVC), University of London welcomes hundreds of prospective students to experience in-person vacation schools. These programmes offer Year 10-12 students' exclusive opportunities to explore their future in Biological Sciences, Veterinary Medicine and Veterinary Nursing at the world's #1 Vet School [QS 2024]!

For further information and application links <https://rvc.uk.com/summer-schools>

London South Bank University's Open Day!



This is a fantastic opportunity to explore our vibrant Zone 1 campus based in the heart of Elephant and Castle, meet our dedicated faculty, and learn more about the diverse range of courses we offer.

Date: Saturday 15th Feb. **Time:** 11:30-15:00 [Find out more here!](#)



Careers News Continued...

A-Level Maths and Psychology Half Term Booster Revision Day at King's College – Yr 13

This is a **rare opportunity** to revise alongside **leading university professors** and gain expert insights that can help boost your A-Level grades. Whether you're looking to solidify your knowledge, refine your exam strategies, or get ahead in your preparation, **PowerUp 2 Succeed 2025** is designed to give you the edge you need.

Date: Thursday, 20th February 2025

Location: Greenwood Theatre, King's College London

Who Can Attend? Year 13 students

Spaces are limited – secure your place now!

Register Here: <https://www.surveymonkey.com/r/PowerUp2>

PWC Virtual Insight Programme

We're delighted to announce that applications are open for our three-day PWC **Virtual Insight Programme**, taking place this summer.

Our Virtual Insight Programme will give students in **Yrs 11 and 12** the opportunity to learn about our different business areas through interactive sessions. They'll hear from those who joined us straight from school or after university, as well as build their employability skills and receive support on how to approach job applications for the future. [apply](#).

Business Degree Apprenticeship with global technology solutions provider World Wide Technology[®]

This event is taking place at their London HQ on Thursday 27th February, 4:30pm – 7pm.

Application Link:

If you have a passion for business and a strong interest for technology, then this could be the opportunity for you. WWT are offering you the best of both worlds, the opportunity to get a Business Degree whilst being at the forefront of technology and selling their tech solutions to some of the biggest companies in the world.

<https://www.surveymonkey.com/r/7XT72PR>

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
- 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!



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!

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

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
- 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.



School Lunch

What Parents & Educators Need to Know about ONLINE RELATIONSHIPS & DATING APPS

WHAT ARE THE RISKS?

Dating apps are used to help people find new relationships – whether casual or more long term – matching users based on age, interests, gender and more. Some may consider dating apps harmless to under-18s because they aren't able to use them, but effective age verification measures are quite scarce, and it's been known for young people to end up on apps of this type.

EASE OF ACCESS

The relatively lax age verification process of many dating apps makes them incredibly accessible to children who really shouldn't be using them. This carries the obvious risk of exposing under-18s to a dating scene populated by adults – who may not even be aware of the young person's true age. This is concerning when we consider the 'hook-up culture' common on these apps – with many people using them to arrange casual sexual encounters.

CONTACT AND CONDUCT RISKS

Once someone is active on a dating app, their social media profiles can be linked to the app and might be accessed by others. This can lead to random users 'sliding into their DM's' (sending a direct message) without consent. Complete strangers could start bombarding a young person's inbox with pictures, messages and sexual comments.

SCAMS AND SEXUAL EXPLOITATION

Some young people may feel they've formed a real bond with someone through online dating, but there's always a risk that it's not genuine. Scammers on these apps often build romantic connections with their victims – then once they feel they have their victim's trust, they begin asking for money under false pretences (such as suggesting they meet in person and requesting a 'loan' to cover a train ticket).

UNVERIFIED ACCOUNTS

As with all online interactions, you may not be talking to whom you think you are. Without paying a subscription, users of dating apps can often only view a certain number of profiles at a time. A TikTok trend has advised young people to set their age limit to 80 years and over – putting them in a sparse and more 'exclusive' category to bypass the usual restrictions. Unfortunately, this can lead to matches with someone much older.

PEER PRESSURE

The pressure to be in a relationship can be huge, and many young people use online dating apps as a cost-effective way to meet others. Some users find it difficult to meet people organically due to their lifestyle, and may not have the time or money to go out and socialise. It's also common for young people to set up accounts for their single friends in the hope of finding a match for someone they know.

SKewed PERSPECTIVES

Dating apps can promote an unrealistic view of what makes someone attractive. With such vast options, some users can become both picky and extremely harsh about others' appearance. Ultimately, all you see on these apps are pictures (with no insight into someone's personality), and some young people struggle with the fear of being judged. Even when someone does start dating, there's a persistent paranoia that their partner is only one swipe away from a potentially better match.

Advice for Parents & Educators

TALK ABOUT DATING APPS

Let young people know that they can talk to you about anything, even something as private as their dating life. At school, the relationships, sex and health curriculum can assist with conversations around healthy relationships, consent and online safety. Emphasise the message that you want to help them make healthy, safe and informed choices. If they feel embarrassed talking to you, make sure they have a trusted adult who can help them.

ENCOURAGE DATA PROTECTION

Empower young people to protect their data and personal information. Explain why including things like their school, age and surname in their profile could potentially be dangerous. Make sure they know never to give out personal details, and that there's no reason for other users to ask for them. If they feel uneasy about a situation online, they need to speak to someone that they can trust.

VERIFICATION STAMPS

Explain that someone using a dating app should only communicate with those who have gone through a verification process. Online dating apps use a variety of methods to ascertain a user's identity, including scanning valid documents (such as a driver's licence or passport). Verification can also involve users taking a selfie to ensure that the photos on their profile match it.

REPORT AND BLOCK

Remind young people that they can always report or block (or both) anyone who makes them feel uncomfortable on any platform. Ask if they know how to do this and offer to help them figure it out if they're unsure. Every app should have advice on how to report or block another user, so be sure young people are familiar with the settings.

Meet Our Expert

Rebecca Jennings works at RAISE (www.raiseducation.org.uk) in the field of relationships, sex and health education, providing educational, age-appropriate workshops for pupils around the more sensitive areas of the curriculum – including online safety and healthy relationships.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at <https://nationalcollege.com/guides/online-relationships-dating-apps>

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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 12.02.2025

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
	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
	Maths Intervention: SVI	12.40 – 1.10p.m.	S8	Year 11 Students
	Python Lab: MHA	12.40 – 1.10p.m.	F7	Year 10
	STEM Club (Visualise): AKO	1.00 – 1.30p.m.	G12	All Years
	Violin Ensemble: 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 & 13 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
	Geography Intervention: HCO	12.40 – 1.30p.m.	G3	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	GCSE & A Level Art Students
	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
	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

