



Ursuline Academy Ilford

Weekly News – 2024/2025 Issue 23
7th March 2025



Upcoming Events

Iftar Event

Thursday 20 March 2025
5.00 – 7.00p.m.

Year 9 Progress Evening & Options Fayre

Monday 24 March 2025
4.00 – 7.00p.m.

Curriculum Enrichment Day

Thursday 3 April

Year 8 Progress Evening

Monday 28 April 2025
4.00 – 6.30p.m.

Arts Festival: Art, Music & Drama

Thursday 26 June 2025
4.30 – 6.30p.m.



Headteacher's Headlines



Dear Parents & Carers,

At the Ursuline Academy, our Catholic faith unites us as we celebrate learning, achievement, and service in so many ways. This week, our Ash Wednesday services provided a moment of reflection as we began our Lenten journey together. Our students have also embraced opportunities for growth and inspiration—from an ex-pupil returning to inspire young artists to a host of engaging activities for National Careers Week, including GCSE Business students visiting Metro Bank.

Elsewhere, curiosity and creativity have been thriving, with Science Club's snail racing, Year 9's Drama Guild performances, and A-level historians delving into the past at Hampton Court Palace. Our students have also stepped up as leaders, whether in the Jack Petchey Speak Out Challenge or representing our community at the Redbride Citizens Assembly. In RE, lessons on Catholic Social Teaching have focused on the life of Oscar Romero, reinforcing our call to justice.

Meanwhile, preparations for Palm Sunday in MFL remind us of our shared faith, and the joy of World Book Day has brought the school to life with wonderful literary characters. Across all these moments—on the stage, in the classroom, or on the sports field—our students continue to shine. Thank you to everyone who makes our Academy such a vibrant, faith-filled community!

Fiona Stone,
Headteacher **SERVIAM**



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Chaplaincy News

Pope Francis@Pontifex – 5th March 2025

The [#Ashes](#) remind us of who we are, which does us good. It puts us in our place, smooths out the rough edges of our narcissism, brings us back to reality, and makes us more humble and open to one another. None of us is God; we are all on a journey.

[#Lent](#)

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

March: Vigilance

7th March: Be careful and vigilant!

8th March: What you want them to do, do it yourself first.

9th March: Have patience!

10th March: Don't stay angry.

11th March: If you see one faint-hearted, encourage her.

12th March: Be very careful never to complain, or grumble, or speak ill of others.

13th March: Strive to be faithful and devoted.





Chaplaincy News



Ash Wednesday Service:

On Wednesday 5th March all year groups of the school came together to mark the beginning of Lent: Ash Wednesday. Ash Wednesday is a holy day of prayer and fasting in many Western Christian denominations. It is preceded by Shrove Tuesday and marks the first day of Lent, the six weeks of penitence before Easter.

Ash Wednesday is important because it marks the start of the Lenten period leading up to Easter, when Christians believe Jesus was resurrected. The ashes symbolize both death and repentance. During this period, Christians repent and mourn for their sins, because they believe Christ died for them.

Students entered the hall quietly and reverently and listened attentively to the readings which focused on the solemnity of the day; The meaning of prayer, fasting and charity to helps us journey closer towards God in this season. Students were invited to receive ashes and blessings. Prayers of intercession for the needs of our school community, nation and the world were also said. As students left the hall we were all reminded to 'Repent, and believe the Good news'.



Ms Semambo, Teacher of R E



Art News

Ex-Student Stephanie Bratessani Inspires the Next Generation at the Ursuline

The Ursuline recently had the pleasure of welcoming back one of its distinguished former students, Stephanie Bratessani, who has built an impressive career in interior design. Stephanie has worked on a diverse range of projects, designing interiors for both domestic and commercial clients, including major names such as Cadbury, as well as presidents and wealthy billionaires. Her expertise extends to prestigious events, having contributed to the 2012 event enclosures, and she now specialises in designing luxury yacht interiors.

Stephanie's visit was an invaluable opportunity for the art A-level students to gain insight into the world of interior design. She shared her knowledge on the essential skills required in the industry, the qualifications necessary to succeed, and practical advice on networking, budgeting, and client management. Additionally, she emphasised the importance of maintaining a healthy work-life balance—an aspect often overlooked in high-pressure creative industries.

During her visit, Stephanie was highly impressed with the structure of the Ursuline's art department, remarking that it has significantly improved compared to when she was a student, twenty years ago. She noted that students today receive more comprehensive career guidance in design and praised the art teachers for nurturing students' interests and passions. Furthermore, she commended the high calibre of students' work, acknowledging their creativity and dedication.

The students found the visit to be incredibly informative and inspiring, with many expressing gratitude for the time Stephanie took to share her expertise. Her insights provided a clearer understanding of the industry and offered motivation for those aspiring to pursue careers in design.



Mr Butler, Head of Art

Stephanie's visit served as a testament to the Ursuline's commitment to fostering talent and preparing students for successful futures. Her journey from the classrooms of the Ursuline to working with world-renowned clients is a true inspiration, demonstrating that passion, dedication, and perseverance can lead to remarkable achievements in the world of design.

Once an Ursuline, always an Ursuline!



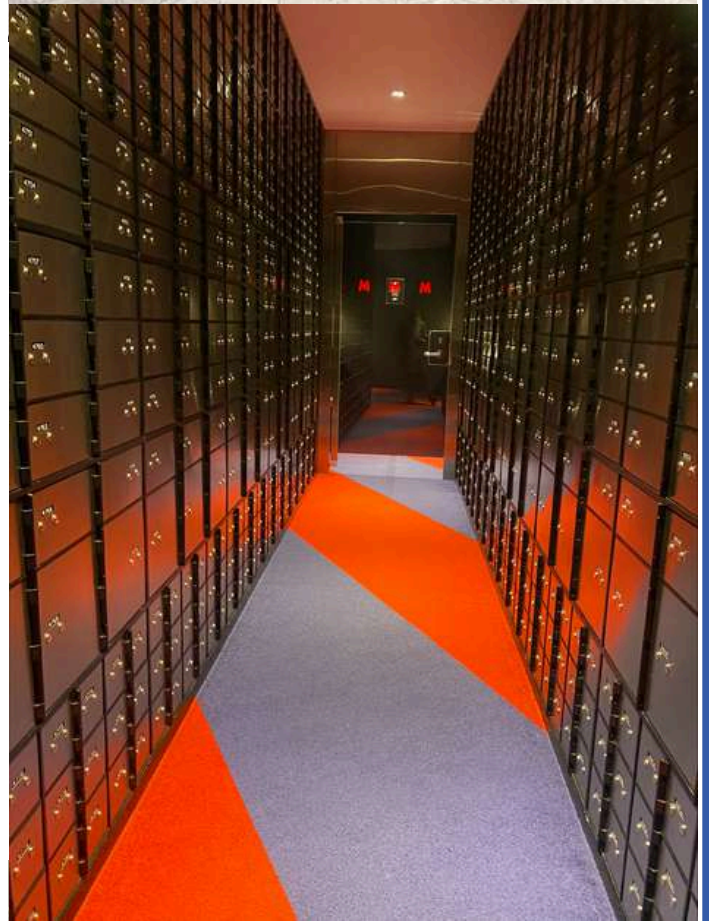
Business Studies News

The Business Department organised a visit to the local Ilford Metro Bank branch, providing an insightful look into modern banking operations and financial literacy.

Guided by expert customer service assistants Priya and her team we explored key banking concepts, including the importance of saving, the role of bank accounts, and career opportunities in banking. Discussions covered the benefits of saving, different types of accounts, and how responsible money management supports financial growth.

A private behind the scenes tour showcased customer service stations and vault safety boxes, highlighting the integration of technology and human interaction in delivering banking services. We also learned about opening business accounts and accessing specialised lending solutions, gaining valuable insights into financial services. Which is all vital information for our business girls at UAI who want to pursue their own business ideas and become entrepreneurs. As well as supporting their understanding with their GCSE Business course.

The experience was both educational and inspiring. It was rewarding to see the girls grow in confidence, engage in meaningful discussions, and develop a deeper understanding of banking. As a thoughtful gesture, they were gifted a Metro Bank money box to help them save for the future and left joyful and inspired.



Mr Morris & Mrs Ahmed, Teachers of Business Studies

Science Club

Snail Racing

We planned on racing snails this week but due to some reason they refused to move that much. Some of them came out of their shells and moved around a bit, but didn't give us the race that we had hoped for.

We had to even use some leaves to entice them out and a warm wet cotton bud to tease them out too which seemed to do the trick.

I wore gloves and the girls were given the opportunity to wear gloves when handling them but funnily enough they felt more than comfortable holding them in their bare hands, slime included. Hands were thoroughly washed afterwards!



Mr Uddin and Ms Agudelo



Drama News

On Thursday the 13th February, three year 9 classes took part in the first round of the annual Guild Play Drama festival. There were many successful plays presented and the girl's talent shone as we watched funny, entertaining, sometimes serious versions of the stories from the old testament – Adam and Eve in the Garden of Eden, Cain and Abel and The day of Judgement to name a few.

Well done Year 9 cohort of 2025! Guild Play voting has taken place and the UAFTA Awards assembly is to follow...



**Ms Milne,
Subject Lead Drama**



History News

A Level History: Hampton Court Palace

One Wednesday 5th March the A Level History cohort had the opportunity to take part in an Tudor themed A Level study day at Hampton Court Palace. We had a lovely day, the highlight was probably Tracey Borman's excellent key note speech. Borman focused on the private lives of the Tudor monarchs, helping us to see them as individuals rather than just policy makers. She covered events from Mary I's phantom pregnancy to Henry VIII's pig's bladder enema! We then took part in a tour of the palace which focused on the rise and fall of the original owner, Cardinal Thomas Wolsey. After lunch in which students were able to explore the palace, we finished the day with a classroom session looking at using Hampton Court as a source to learn about Henry VIII as an individual, vs. using the palace to learn about his public persona, which drew some extremely insightful comments from the students.

As always, it was a pleasure to take our students offsite. They were engaged, active learners and a credit to the school.

Ms Mackie





History News Continued...

I learned a lot from Tracy Borman's lecture and I was allowed the opportunity to ask her opinion on whether or not there was a the Mid-Tudor Crisis, the palace staff then asked my permission to film me asking my question and her answer, to benefit other students

Waania

It was such a fascinating experience exploring Hampton Court Palace. where history has been preserved for us all to learn from. Tracy Borman's experience gave me so much insight into the lives of the monarchs, and the palaces were a sight to remember for a lifetime

Miethursha

We enjoyed the hammerbeam ceiling in the Great Hall, because Henry VIII chose that style for a reason. It was an old fashioned, medieval style of architecture, and Henry chose it to give the impression that the Tudor dynasty were ancient, even though it was relatively new. On the ceiling were eavesdroppers – plaster and wooden heads which looked over the eaves of the ceiling at the servants eating below. They were used to listen to the servants during their feasts, showing Henry to be a paranoid king, the opposite of the way he portrayed himself to the public

Lily and Klari





International Women's Day

UAI International Women's Day celebrations – Monday 10th March

On Monday 10th March we will be celebrating International Women's Day at UAI and, as an all-girls school, we believe strongly in the empowerment and education of young women, and thus International Women's Day has become an important day in our school calendar.

To help celebrate, we are inviting all students and staff to wear a **purple** or **pink** item of clothing or accessory and to take part in the different celebratory events that will be taking place on the day, which will include chalking of the courtyard at breaktime with slogans of female empowerment and having pledge photos taken showing your support of this year's International Women's Day campaign theme, **#AccelerateAction**.



HERE'S
TO STRONG WOMEN.
MAY WE KNOW THEM.
MAY WE BE THEM.
MAY WE RAISE THEM.

Jack Petchey's "SPEAK OUT" Challenge!

Jack Petchey Speak Out Challenge

Jack Petchey Speak Out! Redbridge Regional Finals

On Wednesday 5th March, **Veronica-Michelle Mbula** participated in the Redbridge Regional Final of Jack Petchey's Speak Out Challenge, the largest public speaking programme in England. The event showcased the talents of 15 young speakers, with Veronica-Michelle earning the **Runner Up position!**

Veronica-Michelle's speech, titled "Hands of Injustice," delivered a powerful plea for action against the ongoing atrocities in Congo. The speech emphasised the shared humanity of the victims and challenged the audience's complacency. It urged listeners to recognise that even small actions can make a difference.

Reflecting on the experience, Veronica-Michelle said, "It was an eye-opening experience. I want to thank my band and my family for helping and inspiring me. I'm really glad for this opportunity."

Alyssia Baptiste also attended on the evening and both Veronica and Alyssia took part in a workshop, getting to know the other finalists and sharing their ideas before the final itself.

Miss Choudhury & Mrs Riste, Teachers of English





MFL News

Raffle time for 'Les Rameaux' (Palm Sunday)

Six days before the feast of Passover, Jesus comes to Jerusalem. The crowd cheers him as he enters the city. They carpeted the floor with coats and palm leaves, forming a sort of royal path in his honour.

In memory of this day, the catholic tradition of is to go to church with a branch in hand to have it blessed (boxwood, olive, laurel or palm, depending on the region). After Palm Sunday, the blessed branches are kept in homes as good luck charms until Ash Wednesday of the following year.

In Provence, after mass, children receive a branch-like stick filled with sweets or small toys.

Our MFL Department and its ambassadors have created a fabulous prize for UAI students to win! (Tickets are £0.50 for 1 and £1 for 3.)





P E News

P E Stars of the Week!

Manel Sekher 7R

Manel is a remarkable student who consistently puts her best effort in every lesson. She is dedicated, hardworking, and excels in the classroom. Her enthusiasm for learning and willingness to actively participate make her a standout role model for her peers. Manel embraces new sports with a positive attitude, which has an uplifting impact on the entire class.



Bernice Bilson 11J

Bernice is an outstanding student who gives her all in every lesson. Her leadership skills shine during practical sessions, where she confidently demonstrates tasks and techniques, fostering a collaborative and supportive learning environment. Bernice is always eager to help her peers by offering guidance and assisting with their techniques, stepping into these roles with confidence and enthusiasm.

Keep up the fantastic work, girls!

Ms Whates, Teacher of P E

Oscar Romero – A Voice for Justice

In this week’s newsletter, we shine a light on Oscar Romero, a courageous advocate for human rights and social justice. As the Archbishop of San Salvador, he spoke out against oppression and stood up for the poor, inspiring many with his unwavering commitment to peace. It’s fascinating to see how different year groups have approached his story in their own unique ways, yet all have found inspiration in his bravery and message of hope.

This week’s homework links also perfectly with our school’s virtues of leading for justice and living with truth and integrity, just as Romero did throughout his life. Stay tuned to discover more about his legacy and the important lessons we can learn from him today.

Pupils’ feedback:

YEAR 9s (9C & 9T)

When I was doing this poster, I realized of the importance of how some people dedicate their life to God and how we should do the same as we will get rewarded by God. We can have a stronger relationship with him

Lily, 9C

When I was working on the Oscar Romero H/W, it made me feel happy. I loved learning about his origins and how he served Christ. Also, while I was doing the poster, I couldn’t help by wondering why Oscar Romero’s last words were these ‘May God have mercy on the assassin’. I find these words truly powerful as Oscar Romero believed in Christ that much that dying wasn’t a matter. He sees the good in people, when all they know is the bad and I found this story truly inspiring

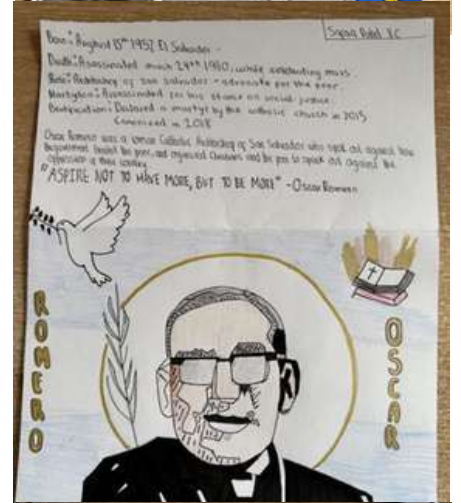
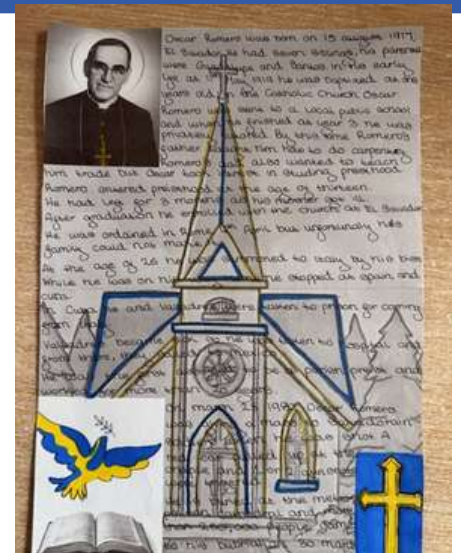
Zayna H, 9C

I found it very interesting to research about a person who has had such a big impact on Christianity and the impact he had on the people of El Salvador. I really enjoyed doing the research poster about Oscar Romero

Alexandra, 9T

I really enjoyed doing the Oscar Romero H/W because I learnt many things about Romero’s life while making the poster. His work taught me how to help others

Aishwarya, 9T



YEAR 8s (8C & 8R)

Oscar Romero was an inspirational man. He fought for people and their rights. While doing this homework I did not feel alone in this world as there are still people out there who fight for others and those in need. 😊

Sara S, 8C

As I was completing this H/W, I was able to dive into more detail about Oscar Romero's life and it also inspired me to become more like him – bold and brave.

Dia, 8C

I always enjoy doing H/W in which we have to research brave and inspirational figures such as Angela Merici & Sophie Scholl or Oscar Romero in this case. Learning about Oscar Romero's life was truly inspiring. His courage and his disagreement to live in a world where injustice is present, are both things I really aspire to have in myself as well. His vision and defiance have shaped the world we have today!

Zainab K, 8R

I felt honoured doing this poster about Oscar Romero as it has taught me more about this significant figure and what he did for the world. I also felt inspired doing this piece of H/W, because of his resilience and courage to lead for justice.

Simrah, 8R

YEAR 7s (7C)

When I was doing Oscar Romero's poster, I was very intrigued as there was lots of information online about his life, his struggles, and his legacy. I felt so inspired knowing that activists and good people even though they struggle they always carry on their mission, and they are always willing to bring justice in this world no matter what.

Fasiha, 7C

When I was making the Oscar Romero's poster, I felt inspired by his compassion and courage to stand up to everyone. Despite them being strangers to him, he knew that helping others was the right thing to do and this act of his shows that we should always stand up against all injustice! 😊

Maariyah, 7C



Ms Posnakidou, Teacher of RE



Our Year 13 Student Leaders and three Year 12 students recently attended the Citizens Borough Assembly at the Palmer Catholic Academy gaining valuable insights and motivation to drive change. The assembly brought together diverse institutions to discuss key grassroots issues, including housing, hate crime (Islamophobia), youth safety, and poverty & living wages.

After powerful campaigns through speeches, presentations, songs, and personal stories, housing emerged as the top priority, though all four issues were recognised as critical. The event inspired action, fostering a shared commitment to building a better future. This experience reinforced our school's virtues of justice, service, and leadership, encouraging students to be active voices for change in their community.



Naga Kartik, Deputy Head Girl



Science News



Celebrate Science Week at UAI with the Science department.



Ursuline Academy Sixth



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

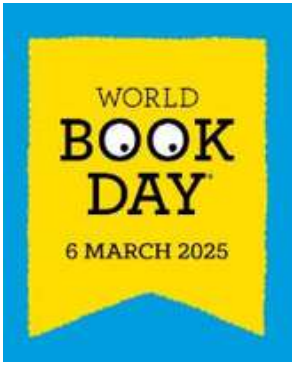


Celebrate Science Week at UAI with the Science department.



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

	Monday	Tuesday	Wednesday	Thursday	Friday
Break time			Memory games G7 LFI		Memory games G7 LFI
Lunchtime	Treasure Hunt Y7-8 12:40-1:10pm G9 SAK Bath Bombs Y10-11 12:40-1:10pm G8 JOS	Growing Plants ALL 1:10-1:40pm G7 LFI Physical Tasks Y10-11 12:40-1:10pm G10 DOK	SEND Club Fossils 12:40-1:10pm G11 MUD Making Turbines Y7&10 12:40-1:10pm G13 HTA Bath Bombs Y10 12:40-1:10pm G8 KSE	Bath Bombs Y8 12:40-1:10pm G8 SAN	Making Turbines Y7&10 12:40-1:10pm G13 SKH



World Book Day

Just a taster of what we got up to yesterday...more next week!





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

Oxford Brookes University: virtual subject tasters

Y12-13 students are invited to dive into the fascinating world of university with on-demand Virtual Subject Taster Sessions, offering a glimpse into a wide range of subjects to experience university-level learning from the comfort of their own homes. [Sign up here](#)

UWE Bristol: subject taster days

Designed to inspire and support students with their future career and progression choices. They'll get to explore courses and facilities, meet current students, and see what it's like to study at university. [Share with students](#)

Forvis Mazars: paid in-person work experience

Y12 students can learn more about the financial sector and develop employability skills with paid work experience during the Easter holiday. They'll take part in workshops, work on an interactive brief, and gain exposure to various business areas like consulting, tax, and audit. They'll also get to network with current apprentices and managers. [Apply by 18 Mar](#)

Royal Horticultural Society: Green Careers open day

Students aged 14+ are invited to join employers, training providers, and voluntary organisations across horticulture and the environmental sector at this exciting open day. Students can get their green careers questions answered, listen to live talks, and get exclusive behind-the-scenes tours of RHS Garden Bridgewater. [Book here \(10 May\)](#)

EY: spring recruitment events

Students can get a feel for what it's like to work at one of the world's largest professional services organisations by booking a place at one of EY's upcoming insight events. They'll get to meet current apprentices and graduates as well as mentors and managers. They'll also discover a range of career paths at EY, as well as more information on the training and support available. [Sign up \(various dates and locations\)](#)

Did you know...just registering your daughter for Free School Meals means that our school gets extra money!!

You can register your daughter for Free School Meals if you receive any of these benefits:

- Universal Credit (provided you have an annual net earned income of no more than £7,400, as assessed by earnings from up to three of your most recent assessment periods)
 - Income Support
 - Income-based Jobseeker's Allowance
 - Income-related Employment and Support Allowance
 - Support under Part VI of the Immigration and Asylum Act 1999
 - The guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on – paid for four weeks after you stop qualifying for Working Tax Credit

If you want your daughter to have a free, healthy meal at lunchtime that's great – she will get a free meal (saving you more than £400 per year!). There is NO stigma attached and no one will know because we operate a cashless payment system in our Dining Hall.

If you qualify but don't want your daughter to have Free School Meals, please still register as the school will get additional funding. Your daughter can still continue to have her packed lunch as normal!

To apply please complete the on-line Free School Meals application on the Redbridge.gov.uk website. You can apply regardless of which borough you live in because your daughter attends a school in Redbridge. It is a simple 1-page form, so don't delay, apply today!!

It is important to note that:

- Taking the meal is recommended but not compulsory
- Your daughter may receive additional help as a result of being registered, for example, help with the cost of music lessons or school trips
- No one will know and it will not affect any other benefits you are claiming
- Registering your daughter for Free School Meals will bring in more money to our school.

Thank you for your co-operation.





Lunch Menus

MAINS *Only £2.50*

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

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

THEME BARS -PLUS DAILY- JACKET POTATOES & SALAD BAR

Meal Deal
Only £2.70

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



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

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

Med£2.20/Large£2.50

GLOBAL EATS

From £2.50



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

DESSERTS

- MONDAY**
Lemon Blondie (G,E)
- TUESDAY**
Sticky Baked Jam Doughnut (G,Su)
- WEDNESDAY**
Oaty Pear Crumble & Custard (G,E,Mk,So)
- THURSDAY**
Chocolate Sponge Pudding (G,E,Mk,So)
- FRIDAY**
Somerset Apple & Cinnamon Cake (Mk,E,G)

£1.40

ALLERGENS

we're always glad!

- Ce = Celery
- 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)
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Served with
 Home baked Garlic Bread (G,So,Mk)
 Pesto (Mk) & Cheese (Mk)

Med£2.20/Large£2.50

GLOBAL EATS

From £2.50



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

DESSERTS

- MONDAY**
Raspberry and Coconut Sponge (G,E,Mk,Su,So)
- TUESDAY**
Pineapple Cupcakes (G,E,Mk)
- WEDNESDAY**
Apple Crumble & Custard (G,E,Mk,So)
- THURSDAY**
Banana & Toffee Cake (G,E,Mk,So)
- FRIDAY**
Chocolate & Beetroot Brownie (G,E)

£1.40

ALLERGENS

we're always glad!

- Ce = Celery
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- 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

10 Top Tips for Parents and Educators USING TECHNOLOGY TO BOOST READING SKILLS

The way we engage with text has changed dramatically over the years. Whether reading captions on social media, instructions in a video game or an e-book on a digital device, technology plays a major role in modern literacy. While traditional books remain invaluable, digital tools can enhance reading skills by making text more accessible, interactive and engaging.

1 CHOOSING THE RIGHT TYPE OF TEXT

Before integrating technology, consider the types of text that a child engages with. If they need help on occasion, digital reading pens can assist by scanning and reciting words or sentences. These tools are especially useful for students with reading difficulties, and can even be used in exams if they're part of their routine learning process. Proper training and practice are required, but they can be a great help when tackling printed text.

2 READING ON SCREEN

Many devices now allow users to customise text for better readability. Adjusting font type, size and background colour can significantly enhance comprehension. For many readers, white text on a black background is the easiest to see, whereas other styles – such as dyslexia-friendly fonts – are designed to help those who are struggling. Teaching children how to personalise text settings on their devices empowers them to read more comfortably and with greater confidence.

3 ACCESSIBILITY TOOLS

Most modern devices include built-in tools designed to support readers. These features can be found in Settings under Accessibility and may include text-to-speech, speech-to-text and screen magnification functions. Enabling these tools can make digital reading more user friendly, especially for children with learning difficulties or visual impairments, who might have an easier time with spoken language than the written word, or who might simply require a closer look at the text.

4 INTERACTIVE READING PROGRAMMES

Many digital reading devices, such as Kindle and other e-readers, offer features like word highlighting, adjustable text speed and built-in dictionaries. These tools help learners to break down complex words and phrases while maintaining an appropriate reading pace. Some programmes even allow users to track their progress, making reading a more structured and motivating experience.

5 VIDEO GAMES AND READING SKILLS

Many video games require players to read instructions, character dialogues and mission objectives, making them an unexpected but effective literacy tool. Games that involve storytelling, puzzles or problem-solving often include large amounts of text – encouraging children to read these texts aloud or discuss them can improve their comprehension and vocabulary in a fun, engaging way.

6 SUBTITLES AND CLOSED CAPTIONS

Watching videos with subtitles or closed captions is an effective way to enhance reading skills. As children watch their favourite shows or online videos, they can follow along with the text, gaining a better understanding of how written words sound when spoken aloud. This is particularly beneficial for reluctant readers, as it exposes them to words in a familiar, engaging context. Repeatedly watching content with subtitles reinforces word recognition and comprehension.

7 USING AUDIOBOOKS

Audiobooks are an excellent way to develop listening and reading skills simultaneously. Children can follow along with the text while listening to a narrator, reinforcing word recognition and fluency. For struggling readers, listening to an audiobook before attempting to read the text independently can boost their confidence and comprehension.

9 TEXT-TO-VOICE TECHNOLOGY

Text-to-voice software reads digital text aloud, making it easier for learners to follow along. Most smartphones, tablets and computers come with this function built in. When enabled, users can highlight a passage or sentence and press Play to hear it read aloud. This tool is particularly helpful for auditory learners and those who struggle with decoding written words.

8 VOICE-TO-TEXT FOR WRITING AND READING

Voice-to-text tools allow users to dictate words, which are then transcribed into text. This feature helps children see the connection between spoken and written language. By using text-to-voice to have their dictated words read back to them, learners can identify mistakes and improve their reading and writing skills simultaneously.

10 SOCIAL MEDIA AND PARENTAL CONTROLS

While social media provides opportunities for reading, most platforms have age restrictions of 13–16 years old, making parental guidance essential. Many social media videos include captions and comments that can encourage reading. However, it's important to use the platform's parental controls (such as time limits and content filters) to create a safe and educational online environment for children. Encouraging responsible social media use can ensure a balanced and productive approach to digital literacy.

Meet Our Expert

Catrina Lowri is a qualified special needs teacher and experienced SENCO. She recently launched her own site, Neuroteachers, which offers a library of short, 'how-to' and explanation videos for educators. Catrina also writes and delivers online training and events for multi-academy trusts, businesses, schools and training organisations.



#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
	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
	GCSE Computer Science Intervention: MHA	12.40 – 1.10p.m.	F6	GCSE Computer Science 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

