



Ursuline Academy Ilford

Weekly News – 2024/2025 Issue 24
14th 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



As we journey through Lent, this season of reflection, renewal, and preparation, we are reminded of the importance of faith, service, and community. Lent calls us to prayer, fasting, and almsgiving—not just as personal sacrifices, but as opportunities to deepen our relationship with God and one another.

In school, we are encouraging our students to live out these values in practical ways: through fundraising for those in need, moments of prayer and reflection, and daily acts of kindness.

Academically, this is a critical time for our students, particularly those preparing for GCSEs and A-levels. Our teachers are working tirelessly to ensure that every student is supported in their revision and exam preparation. I encourage all students to make the most of the additional interventions, study sessions, and resources available.

Thank you for your continued support. May this Lenten season bring peace and spiritual growth to you and your families.

Fiona Stone,
Headteacher SERVIAM





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Chaplaincy News

Pope Francis@Pontifex – 9th March 2025

In the face of temptation, we sometimes fall; we are all sinners. Our defeat, however, is not definitive, because after every fall, God lifts us up by His infinite love and forgiveness. [#GospelOfTheDay](#) (LK 4:1-13)

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

March: Vigilance

14th March: Merely beginning is not enough if you do not carry through.

15th March: Every type of evil must be resisted.

16th March: Consider that we live in the midst of snares and dangers.

17th March: Greater labors and dangers may be involved when the undertaking is of greater value.

18th March: My Lord, keep my affections and my senses safe.

19th March: Watch over them as most vigilant shepherds and good servants.

20th March: Do your duty, correcting them with love and charity.





Careers Week 2025

Celebrating All Pathways and Emphasising Skills for Life

Day One: Business Pathway

We started Careers Week with an inspiring talk from **Howard Kerr, the CEO of BSI Group**, who shared valuable insights into the world of business. He walked us through his career journey, from studying at Oxford University to working at a shipping company, which took him around the world, and eventually transitioning to the energy sector. His story highlighted the importance of exploring various career paths before finding the one that fits. He also addressed the challenge of increasing female representation in corporate firms, encouraging students to persist and reminding them that the landscape is gradually changing. His words gave students the courage to embrace their unique career journeys.



Day Two: Career talk from Alumni

We were thrilled to welcome back our alumni to share their career journeys. From the classroom to making waves in their fields, these women are truly inspiring. A huge thank you to:

- ⚡ **Savannah Arban** – Claims Adjuster at Markel
- ⚡ **Katrine-Oriane Wandji** – IT Engineer at Atrium
- ⚡ **Alaynah Nawaz** – Doctor at Walsall Healthcare NHS Trust

⚡ **Maria Sohail** – Mechanical Engineer at McLaren
Key takeaways from their experiences:

- ✅ Say yes to opportunities and learn from them. (Maria Sohail)
- ❤️ Follow your passion, not just the title. (Katrine)
- ❌ Rejection is part of the journey—keep going! (Alaynah)
- 🎓 Degree apprenticeships are valuable alternatives to university. (Savannah)
- 🌟 Embrace your uniqueness and own your space. (Maria & Katrine)





Careers Week 2025 News Continued...



Day Three: Exploring Apprenticeships & Career Opportunities with Lloyds of London

We were excited to welcome mother and daughter alumnae Sarah and Jessica Barber. **Jessica Barber** from Lloyd's of London, shared her career journey from an apprenticeship to working at the BBC and now at Lloyd's, insuring everything from space missions to Taylor Swift's voice! She highlighted how apprenticeships can offer just as many opportunities as university.

Sarah Barber, now a Governor at UAI, also spoke about her diverse career path—from the Civil Service to nursing and now supporting charities while raising a family. Both Jessica and Sarah's stories were empowering reminders that it's never too late to follow your passion.

A big thank you to both for sharing their valuable insights—and for offering a work experience opportunity to our students!



Careers Week 2025 News Continued...

Day four : Inspiring Careers in Care



The care sector offers not only a fulfilling career but also a gateway to many other fields like medicine, dentistry, physiotherapy, and social work. **Amy Jenkins**, Ursuline alumna and Director of Access Care, shared her journey from A-levels to starting her own business. Her visit reminded us that every career path starts somewhere, and experience in care can open doors to countless opportunities.

Thank you, Amy, for offering our students the chance to apply for part-time roles and for inspiring them to make a difference in the world.

Day 5 Careers in Nuclear Medicine

A huge thank you to **Sharanjit Shokar**, an Ursuline alumna, who returned to speak about her fascinating career in nuclear medicine. After studying physics, Sharanjit entered the field, offering students valuable insights into training, diagnostics, and safety in nuclear medicine.

Our students found her talk both informative and inspiring, especially during the Q&A session about career opportunities in the field.

Thank you, Sharanjit, for sharing your journey and inspiring the next generation of healthcare professionals!



Throughout Careers Week, students explored diverse career pathways, with each year group engaging in meaningful discussions. We are proud to celebrate these inspiring journeys and look forward to seeing our students shape their own futures. A huge thank you to all the speakers

Throughout Careers Week, students explored a wide range of career pathways, with each year group engaging in meaningful discussions and learning from diverse experiences. We are proud to celebrate these inspiring journeys and look forward to seeing our students shape their own futures. A huge thank you to all the speakers for taking the time to share their insights and stories with us. Our students are incredibly lucky to have had the opportunity to learn from such amazing individuals this week!

Miss H Tallat, Careers Leader



Unleash the Legends: Join the Greek Mythology Club!

Prepare to be transported to a world where heroes battle monsters, gods shape destinies, and epic tales are woven into history. At the Greek Mythology Club, every session is a thrilling adventure! We draw inspiration from the Muses themselves as we explore the incredible feats of Hercules, follow Odysseus on his daring voyage home, and relive the drama of the Trojan War. And of course, who can forget the unmatched strength and tragic fate of Achilles? Whether you're a mythology enthusiast or just curious to uncover these timeless stories, our club is the place to be. Dive into the magic of myth with us!

Pupils' feedback:

Greek mythology club allowed me to understand, learn and enjoy Greek history. I have been into Greek mythology-based media for example Epic the Musical, Percy Jackson and Hades (game), so learning what it originates them helps me understand the media more. 😊

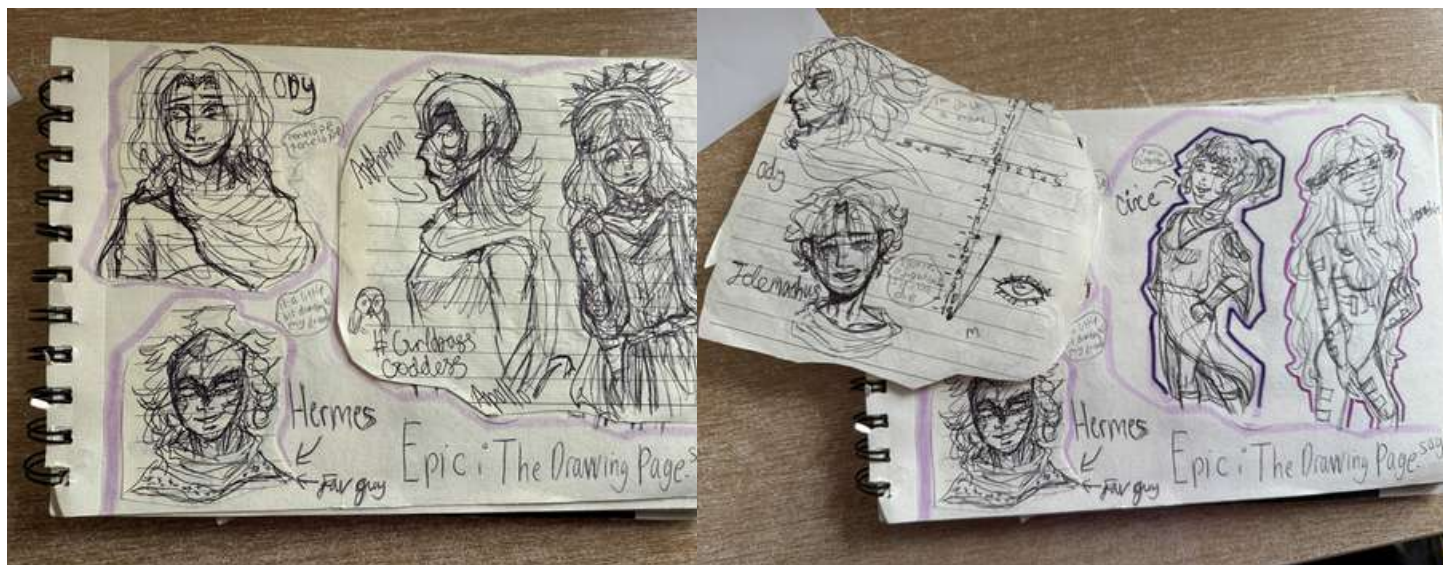
Emily, Year 10

Greek mythology club helps me find out more about Greek mythology – gods and heroes from an ancient world- and also discuss various stories with other people.

Charis, Year 10

But it doesn't stop there – pupils are encouraged to express these timeless stories in their own unique ways, whether through storytelling, art, writing, or performance. Come bring the magic of myth to life with us!

Here are some drawings from Emily.





Clubs News



South Asian Society

Holi Dance Workshop

As part of the school's Holi celebration, the South Asian Society hosted a vibrant and energetic dance workshop that left everyone in high spirits! Students from year 7, 8, 10, 12 and 13 came together to learn some fun and easy-to-follow dance steps. The workshop featured a mix of Bollywood hits which are popular during Holi celebrations. Participants learned lively moves that matched the upbeat rhythm of Holi music. Mrs Verma was involved in the dancing and taught some steps to the students during the workshop.

A big thank you to the year 7 and 13 students who helped organise such a wonderful workshop and to all who participated with enthusiasm and energy.

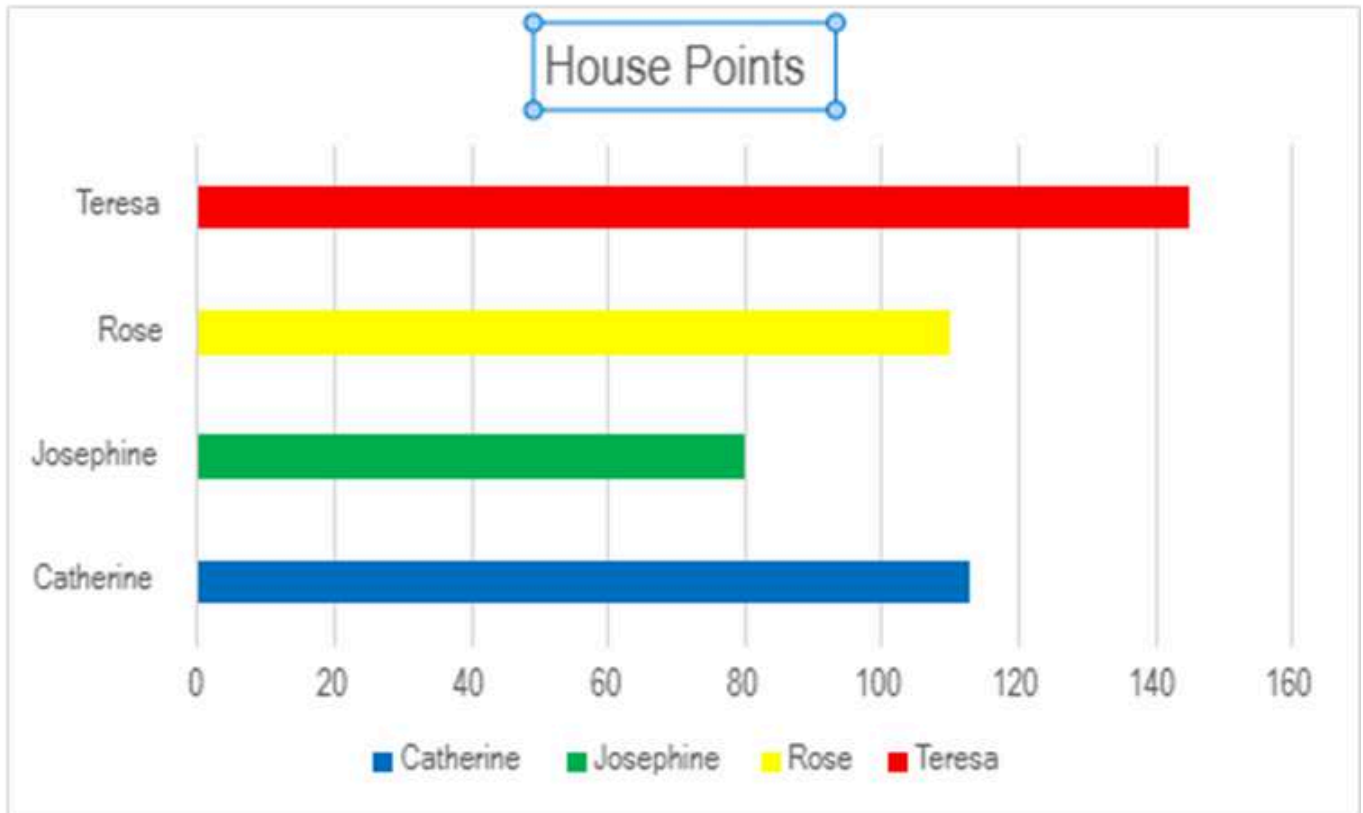
We look forward to our next dance workshop which will take place on Thursday 3rd April, keep an eye out for further announcements



Ms Sivachandran and Mrs Verma



House Points News



As you can see from the current totals for each house, St Teresa House are currently in the lead. With lots of events still to come this academic year, there is still all to play for.

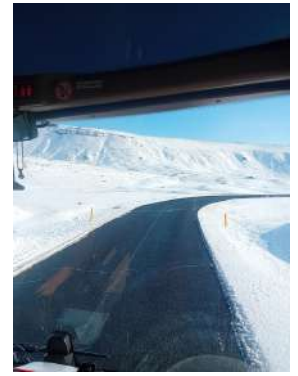
Next Friday, 21st March, all students are invited to wear their coloured house T-shirt to school (with the rest of their uniform as normal.) House points will be awarded according to the proportion of that house that are wearing their T-shirts. Students should make sure that they support their house by wearing their T-shirt with pride on the day.



Mr Challis, Deputy Headteacher



Iceland Trip



Geography tour to Iceland 2025

From March 3rd to 6th, thirty Year 10 students embarked on an unforgettable geography tour to Iceland. It was an incredible experience, allowing students to witness real-life examples of the geography they had studied in class—an invaluable opportunity that will support their GCSE learning. The trip was both educational and exciting, with breathtaking scenery throughout. Take a look at the itinerary and photos below!

Day 1 – On our first day in Iceland, we arrived around 2:00 pm to freezing temperatures! Our first stop was the Bridge Between Two Continents, where the Eurasian and North American plates are drifting apart at a rate of approximately 2.5 cm per year, forming a stunning rift valley that we had the chance to walk through. Next, we explored Reykjavik on a walking tour, admiring its beautiful church, vibrant houses, and the famous Rainbow Street. To end the day, we enjoyed a pizza dinner before heading back to the hotel for some well-deserved rest!



Day 2 – We started the day bright and early with a visit to the Secret Lagoon, Iceland’s oldest naturally heated swimming pool. The warm waters, heated by nearby hot springs, made it feel like a giant outdoor bath—an incredible experience! Next, we visited Gullfoss, one of Iceland’s largest and most powerful waterfalls, before heading to Geysir Park, where we watched hot springs shoot water high into the air. Our journey continued to Þingvellir National Park, where we explored waterfalls, rapids, and stunning landscapes. We finished the day at Kerið Crater, enjoying its breathtaking views.



Day 3 – We began with a trip to the Lava Centre, an interactive exhibition where students learned about Iceland’s tectonic hazards, including past and recent earthquakes and volcanic eruptions. We then visited the famous volcano Eyjafjallajökull, which was beautifully covered in snow. Our next stop was Skógafoss, a massive and picturesque waterfall, where we took some great photos. We then explored the black sand beach, admiring its dramatic coastal features, including a sea arch, stacks, and stumps. After a quick stop in the fishing village of Vík for snacks and hot chocolate, we ended the day at Seljalandsfoss waterfall. Walking along the path behind the waterfall was a highlight—even though we all got soaked!



See some quotes from students below:

The Iceland trip was so amazing! The scenery was so breathtaking and waking up and seeing snow and mountains made me feel so grateful. Iceland was filled with welcoming and friendly people. I loved the trip and would go again. **Avril Gottshalk-Charles**

Iceland is a beautiful country with diverse scenery. It is filled with geographical features which we learnt about in class. My favourite part of the trip was visiting the secret lagoon, it was nice and hot and felt refreshing! **Uchechi Okpala**

The Iceland trip was a once in a lifetime experience. I loved every bit of it. The hotel was beautiful, and I have so many fun memories with my friends. I loved the secret lagoon and waterfalls. **Angelina Gerald.**

The Iceland trip was so memorable, and the views were so peaceful and unique. I loved the black sand beach. **Aditi Dharma**








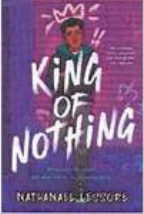


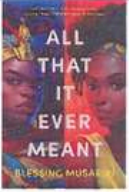

Library News



Tuesday 11 March 2025: The Carnegies, the UK's longest running and best-loved book awards for children and young people, announced their 2025 shortlists.

The 2025 Carnegie Medal for Writing shortlist is (alphabetical by author surname):

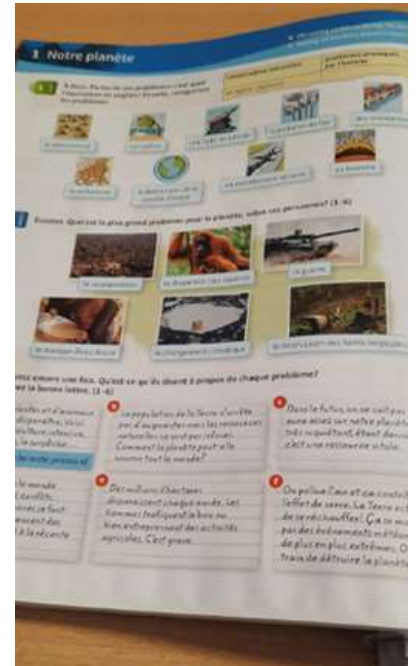
- **Treacle Town** by Brian Conaghan (Andersen Press)
- **The Things We Leave Behind** by Clare Furniss (Simon & Schuster UK)
- **The Final Year** by Matt Goodfellow, illustrated by Joe Todd-Stanton (Otter-Barry Books)
- **King of Nothing** by Nathanael Lessore (Bonnier Books UK)
- **Little Bang** by Kelly McCaughrain (Walker Books)
- **Glasgow Boys** by Margaret McDonald (Faber & Faber)
- **All That It Ever Meant** by Blessing Musariri (Zephyr, Head of Zeus)
- **Play** by Luke Palmer (Firefly Press)

	A young man stuck in a town with no prospects and beset with violence is offered an escape through poetry.		A 16-year-old refugee is found near to collapse and recounts her story to a kind adult, explaining how a totalitarian government in London ripped her family apart.
	Follows the story of a young boy going into year 6, dealing with a failing friendship, an ill younger brother and his own mental demons.		When Matthew saves Anton's life, he starts to learn important lessons about friendship, peer pressure and resisting macho culture.
	Follows the dual perspectives of a young Northern Irish couple, Mel and Sid, when following their first sexual encounter Mel becomes pregnant.		Meet Banjo and Finlay. Thrust together in a group care home when they were teenagers, inseparable until an incident three years ago.
	A young woman is guided by a ghost only she can see on a road trip across Zimbabwe.		Follows four boys growing up and discovering who they are and what masculinity is to them.



MFL News

In languages this week we have been learning about environmental issues which ties in with our Catholic Social Teaching about Stewardship. The world was made by God, so we take care of all creation. In Pope Francis' recent encyclical, Laudato Si, on the care for our common home, he said, ' **"Because all creatures are connected, each must be cherished with love and respect, for all of us as living creatures are dependent on one another"** (#42)



In Spanish and French lessons, Year 11 students have been getting ready for their speaking exam and have learnt how to talk about saving the planet. One of the phrases is to *reciclar el papel/recycler le papier*. Can you work out what is being spoken about from the picture below?





P E News

P E Stars of the Week!

Melissa-Maria Mocanu 11C

Melissa is a hardworking student who consistently gives her best effort in both theory and practical lessons. She is always eager to support others when they struggle and maintains a positive attitude. Beyond the classroom, Melissa's confidence, and expertise shine through in her ability to umpire or referee matches with precision. Her dedication and strong work ethic are evident in every lesson, making her a valued member of the class.



Alisha Faisal 7R

Alisha is an exceptional student who consistently puts in maximum effort in every lesson. Her passion is evident both in the classroom and at netball club, where she always gives her best. On and off the court, she is a remarkable player, providing constant encouragement and support to her teammates. Alisha's openness to new ideas and strategies highlights her eagerness to learn and grow, making her a true asset to the team. She remains engaged throughout lessons, motivating and uplifting her classmates with her positive attitude and team spirit.

Keep up the fantastic work, girls!

Ms Whates, Teacher of P E



Science News

This week at UAI we have been **celebrating National Science Week**. The theme was 'Change and adapt' and we have been exploring this in a variety of different ways.

Biology: We have been planting seeds, playing memory games, making fossils, brain dissections and investigating habituation in snails!

Chemistry: We have been making bath bombs!

Physics: We have been making turbines!

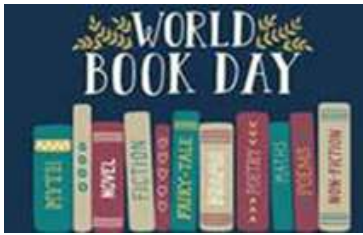
Health and Social Care: We have been doing many physical tasks!

Don't forget to hand-in your competition entries! Deadline 17/03

Thank you to all our students that have made the week so special, and a huge thank you to the Science team who have dedicated so much time to this!



Ms Filipe, Head of Sciences

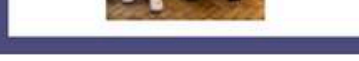
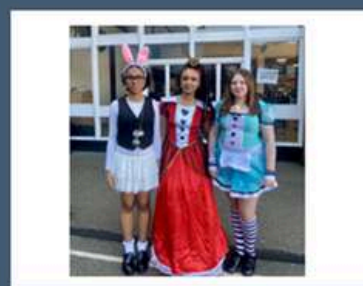
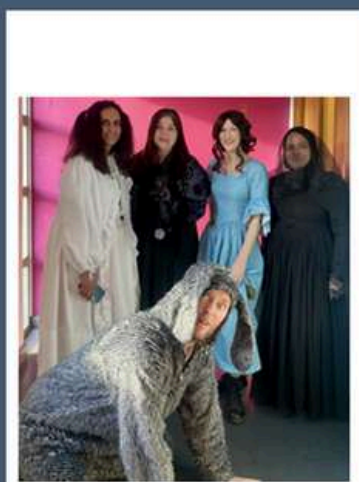
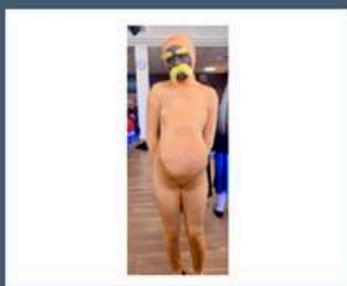


World Book Day 2025

Last Thursday we had our annual celebration of World Book Day and all the wonders that reading brings into our lives.

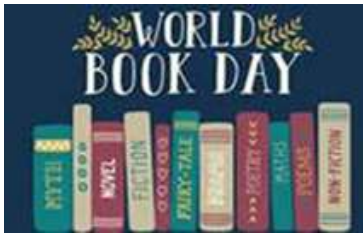
It was wonderful to see so many of our school community getting involved by dressing up as literary characters, and particularly Year 11 students who really embraced the day, and there were some amazing costume efforts from both students and staff alike, which really created a buzz on the day!

On the day there were also a number of activities that took place across the school, including a form-time quiz as organised by **Ms Choudhury**, a form 'Battle of the Books' during PSHE where students were asked to write a one-minute speech on why their favourite book is the very best of them all, a scavenger hunt where students matched staff to their literary characters based on their costumes and a reading relay where one section of the short story 'It' was shared at the start of each lesson to highlight the power of suspense in creative writing, until students had the full story by the very end of the day.



Stand-out literary costumes

Charis Torrance 10R as Elizabeth Bennett from 'Pride and Prejudice'
Lilly Patel 11J as the 'Hound of the Baskervilles'
Destiny Mafo 12.3 & Hadiya Ahmed, both as Dr Seuss' 'The Lorax'
Ava Akuffo 9J, Nyah Opoku-Ware 9R & Victoria Stelmach as the White Rabbit, the Queen of Hearts and Alice from 'Alice's Adventures in Wonderland'



World Book Day 2025 Continued...

Well done to all the students who took part in the different competitions and congratulations to the following students who were awarded book prizes for their efforts in the following categories:

Scavenger Hunt winners

1st - Nabeela Quayyum, Alisha Faisal & Zoya Hanif 7R

2nd - Talia Rizwan & Manel Sekher 7R

3rd - Anousha Ali 8C & Mashfia Ahsan 8R

4th - Amelie Burgess 7R & Ammaarah Mater 7T

5th - Haniya Khan & Jessica Wicks 9J

Battle of the Books winners

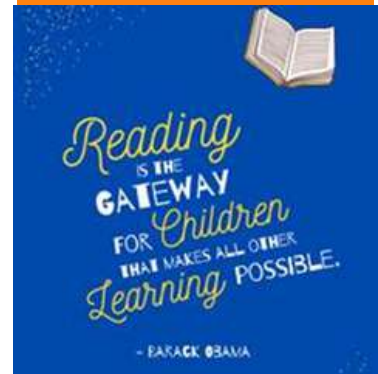
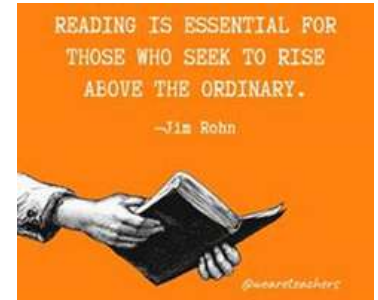
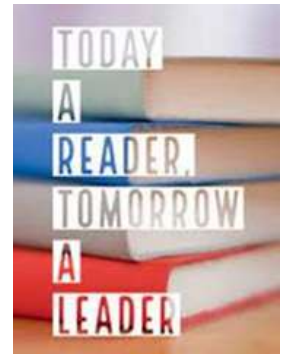
7C - Jisha Nirmalkumar, 'The Girl of Ink and Stars'

8R - Kaecee Dixon, 'This Book Kills' (1st place) & Christabel Ameyam I, 'The Critique of Pure Reason' (2nd place)

9J - Holly Malewa

9T - Hadiya Izzat

10J - Shruthi Vijay, on her admiration for Manga



A wonderful day had by all and hopefully we're all already looking forward to World Book Day 2026!

Ms Cooper, Head of English



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

Apprenticeship Opportunities

Morgan Stanley

At Morgan Stanley we advise, originate, trade, manage and distribute capital for people, governments and institutions, always with a standard of excellence and guided by our core values.

[Technology Professional Degree Apprenticeship Programme \(London\)](#)

Warner Bros. Discovery

Warner Bros. Discovery is a premier global media and entertainment company, offering audiences the world's most differentiated and complete portfolio of content across TV, Film, Sport, News & Games.

[Facilities Administration Apprenticeship](#)

[WBSL Administration Apprenticeship](#)

Volkswagen Group

There are a number of different apprenticeships available within the Volkswagen Group Apprenticeship Programme. We are looking for next generation of amazing people to join our team.

[Volkswagen Customer Service Advisor Apprenticeship - Romford](#)

The Students' Guide 2025: now available

Perfect for students thinking about university and including insights from 65+ university experts. It covers the new UCAS personal statement, information on the first tuition fee rise since 2017, and researching universities during a cost-of-living crisis. Plus, student finance tips from Martin Lewis! [Take a look and share the link here with your students.](#)

Transport for London Apprenticeships

Job roles: Ranging from Boatmaster, Civil Engineering Technician to Non-Destructive Testing and Marine Engineering.

Apprenticeships: Level 3

Location(s): London

Number of positions available: Multiple

Salary: £25,294

Closing date: 18th - 21st March 2025



Year 12 STEM Summer School

We are excited to offer our annual on-campus Summer School, giving your students, study and practical opportunities in **Science, Technology, Engineering, Medicine and Mathematics (STEMM)**.



Careers News Continued...

Our three-day residential programme costs £175 per person* and gives students the opportunity to explore various STEMM courses. They will stay on a real university campus and gain valuable insights to help them decide if a STEMM degree is for them.

Your students will:

- Enhance their knowledge and skills by attending a range of subject talks and taster sessions
- Gain experience by attending workshops led by world-leading academics
- Gain insights from current students and recent applicants
- Gain skills which will allow them to stand out from their peers as it will strengthen their personal statement and UCAS application

The closing date is 11 April 2025.

**(This price includes accommodation, all activities and all meals throughout the stay.*

Financial assistance may be available).

Lloyds Banking Group Banking & Finance Event!

This is your chance to learn about the wide range of career opportunities available at Lloyds Banking Group as well as their Easter Work Experience Schemes all whilst taking your first steps towards an exciting future.

Event Details:

- **Event:** Lloyds Banking Group: Careers Live
- **Date:** Tuesday, 1st April 2025
- **Time:** 5:00pm - 6:00pm
- **Location:** Zoom (link provided upon registration)

Register Here:

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

Experience University of Southampton Residential

Degree programmes/ Subject areas on offer for 2025: **Chemistry/ Chemical Engineering, Physics, Mechanical Engineering, Geography, Biological Sciences, History, English, Modern Languages, Music, and Business.**

15th - 18th July 2025. Join us on campus for a 4-day, 3-night programme for Year 12

[Find out more](#)

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)



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

- 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 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)



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

- 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

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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

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School Lunch

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about

ROBLOX



Roblox is one of the most popular video games among children. In 2020, the game's developers claimed that more than half of the USA's children had played it. As a 'sandbox' title, the game lets players create their own gaming experiences with Roblox Studio to build custom levels, which can then be shared online.

WHAT ARE THE RISKS?

ONLINE PLAY RISKS

Because Roblox connects random players across the world, it can put younger players into an environment with anonymous users who could use the platform for nefarious reasons. For example, some role-play games are used for online dates and mature role play, which could expose youngsters to inappropriate messages in the public chat box.

MATURE CONTENT

Content is difficult to moderate throughout Roblox, due to the number of games available. This is particularly notable on smaller games and experiences, but in summary, some of the games and experiences offered on the platform contain age-inappropriate content that could easily be seen by young players.

IN-GAME SPENDING

The majority of games within Roblox have extensive monetisation options, usually through season passes or microtransactions. Purchases can range in value from a few pennies up to much larger sums of money. While some games offer a lot of content via purchases, others can offer very little for real world money, causing younger players to end up out of pocket.

ANONYMOUS PLAYERS

The anonymity of users can leave players vulnerable to bullying, harassment, and predatory behaviour. Without the right parental controls or monitoring, users can connect with each other via personal messages or friend requests, and it is very difficult to know who's behind a username in this vast online world.

RISK OF ADDICTION

Roblox games can feature rewarding or satisfying mechanics that keep players coming back – or persuade them to stay logged-in for much longer. Like most games, they focus on interactivity, with constant rewards via in-game unlocks and currencies, which can sometimes lead to an addictive need to remain online for long periods of time.

SCAMS

Many of the games on Roblox feature collectible items, pets, or characters. These objects, while digital, are worth a lot of real money on certain online markets. Scammers will attempt to trade with younger users in the hopes of getting rare items that can be sold for real money, manipulating the child into handing them over, usually via misleading information.

Advice for Parents & Educators

MONITOR THE CONTENT

While Roblox does implement plenty of moderation tools and parental controls, it's up to parents and guardians to monitor the types of games a child or impressionable player is experiencing. If a youngster wants to play Roblox, be sure to check out which specific games they want to play within it, and get a good idea of their content.

TAKE ADVANTAGE OF TOOLS

Use the parental controls within the game itself and teach youngsters how to report and block other players. Knowing the powers within their reach will make Roblox a safer, happier experience. You can set age ranges for who's allowed to contact you, close public chat boxes, block spending, and even make your Roblox profile completely private. All these options are helpful in cutting off bad actors from engaging with children.

PLAY TOGETHER

Consider playing Roblox with the children in your care. There are few more effective ways to see how monetisation works, gauge whether the game could lead to addictive behaviours, or even witness how interaction between players works, than sitting down and trying the game for yourself. This should help you figure out whether it's suitable for particular children.

TEACH ONLINE BEHAVIOURS

Have an open conversation about the risks of online play and how to spend money wisely. By being honest and giving tips on how a younger user can protect themselves, you can empower them to not only take care of themselves, but others too. Any user can be reported to Roblox moderators by other players for behaving inappropriately. With this knowledge, younger players can be aware of what to look for and help prevent it.

Meet Our Expert

Dan Lipscombe is a videogame journalist and author of over 20 books on gaming, including books on Minecraft, Fortnite, Roblox, and more. For 15 years he has been writing about his passion for gaming. When he's not playing games, he's talking about them at GAMINGbible.



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

