



Ursuline Academy Ilford

Weekly News – 2024/2025 Issue 25
21st March 2025



Upcoming Events

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.

Year 11 Study Leave Commences

Monday 12th May 2025

Year 13 Study Leave Commences

Monday 19th May 2025

Arts Festival: Art, Music & Drama

Thursday 26 June 2025
4.30 – 6.30p.m.



Headteacher's Headlines

Acting with truth & integrity

Following the letter and report I sent to parents and carers yesterday, I am delighted to share the key highlights from our recent Catholic Schools Inspectorate (CSI) report. The inspection reaffirmed our strengths, recognising our unwavering commitment to faith, excellence, and service.

- ★ Outstanding GCSE Religious Studies attainment across all student groups
- ★ Exemplary student behaviour, fostering high achievement in lessons
- ★ A powerful Catholic identity, reflected in inspiring displays throughout the school
- ★ A profound commitment to student wellbeing, ensuring every child flourishes
- ★ Staff dedication to our mission, living out 'Serviam' daily in their interactions with each other and students.

This recognition is a testament to our shared commitment to faith, excellence, and service.

I want to express sincere thanks for your continued support and partnership. Your encouragement, trust, and commitment to our school community play a vital role in our success. Together, we create an environment where our students can thrive academically, grow in faith, and develop into confident, compassionate young women.

Fiona Stone,
Headteacher **SERVIAM**



Newsletter Contents this week:

Clubs News, Pages 3

Design & technology News, Pages 4 - 7

House Tee Shirt Day, Page 8

**International Women's Day UAI
Celebrations 2025, Pages 9 - 11**

P E News, Page 12

Science News, Page 13

Careers News, Page 14

Free School Meals, Page 15

Lunch Menus, Pages 16 - 17

Redbridge News, Pages 18 - 19

What Parents & STREAMERS, Page 23

Extra Curricular Activities, Pages 21 - 22



Chaplaincy News

Pope Francis@Pontifex – 16th March 2025

I would like to invite you, today, to join me in praising the Lord, who never abandons us and who, in times of sorrow, places people beside us who reflect a ray of His love. I thank you all for your prayers, and I thank those who assist me with such dedication.

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

March: Vigilance

21st March: Receive my every thought, word and deed, finally, everything of mine, interior as well as exterior.

22nd March: Above all, be on your guard not to want to get anything done by force.

23rd March: In these pestilential times, you will find no other recourse that at the feet of Jesus Christ.

24th March: My Lord, I beg you to accept my free will, all of my own will, which of itself does not know how to discern good from evil.

25th March: Kindly be attentive, with great and longing heart.

26th March: Let charity always burn in our hearts!

27th March: Do everything with discernment and maturity of judgement.



Science Club

Mentos and Cola!

This week we added some Mentos into some cola and watched the chaos that occurred afterwards.

The way it works is the surface of the mentos is covered in tiny little pores that craters even though it looks smooth to us from afar. Thousands of microscopic carbon dioxide bubbles accumulate in these pockets which then leave gaps inside the bottle which causes the liquid to overflow and shoot out.

Just a shame we only had one bottle of cola otherwise we could have done it multiple times!



Mr Uddin and Ms Agudelo



'Impact' - Learning & Innovation for a better Future

The Design and Technology cohort from The Ursuline Academy Ilford recently had the incredible opportunity to attend this year's Future Build exhibition, an enriching and insightful experience. The event provided valuable knowledge on materials re-engineering, sustainability and cutting-edge advancements in new materials - key aspects of our studies in Material science.

As Future build celebrates two decades of pioneering sustainability, this year's exhibition showcased groundbreaking solutions for creating a more sustainable future, achieving net zero, deepening our understanding of how these innovations can be incorporated into future projects and designs. The exhibition also offered a glimpse into potential career pathways within STEM and STEAM fields offering our students the unique opportunity to see firsthand the materials being developed and used in our built environment, including low-carbon, sustainable solutions like green roofs and energy-efficient building systems and expanding their knowledge.

A particularly inspiring moment was meeting The Rt Hon Miatta Fahnbulleh, the Energy Consumers Minister, who shared insights into the government's vision for a net-zero future and the critical role innovation plays in achieving these goals. As a woman of ethnic background in a leadership position, she served as a powerful role model, encouraging our students to see themselves as future changemakers in the STEM and STEAM industries. This greatly boosted the cohort's morale and reinforced their belief in their own potential.

This is an exciting time for Technology in the building sector, particularly in embracing the circular economy. Events like Future Build are invaluable in providing students with real-world exposure, enabling them to meet industry professionals, ask meaningful questions and gain insights beyond the classroom. We extend our sincere gratitude to Easy Fairs and all the companies, their teams and our staff who took the time to engage with our students and share their expertise.

The DT Team



Some our students with the Right Hon. Miatta Fahnbulleh, the Energy Consumers Minister

Below are some of the comments from some of our students

I attended the Future Builds 2025 exhibition, which showcased innovations in architecture, engineering, and sustainability. I learned how smart buildings, eco-friendly materials and renewable energy solutions can improve our lives and reduce our carbon footprint. Interactive exhibits enhanced my understanding and seeing more examples of real-world implementation was very helpful. **Sara Shazad – 10J**

The Future Build Exhibition at the Excel Centre was an inspiring experience for me, showcasing advancements in sustainable construction, AI-driven building management, and energy efficiency. I connected with industry experts and learned about the importance of STEM in the field. However, I noticed a lack of diversity in key roles, highlighting the need for inclusivity. Overall, the event has encouraged me to explore career pathways in sustainability and contribute to a greener, more inclusive future.

Salwa Hussain – 10J

Attending Future Builds 2025 inspired my interest in STEM and sustainability. Initially overwhelmed, I became more confident in exploring innovations like biodegradable and reusable products. I learned how companies are creating futuristic, eco-friendly solutions and how we can contribute to a greener future while advancing modern technology for daily use. **Marwah Imran – 10T**

I found out that lots of companies are focusing on reducing their carbon usage, companies are focusing on using fuels that release the least greenhouse gases and are renewable. In the architecture industry, retrofitting is becoming increasingly popular and is done to fix and tweak homes, so they have a better energy rating. **Ania Khan – 10J**

At Future Build 2025, I explored how businesses impact the built and natural environments and enjoyed seeing innovators tackle retrofit challenges. From Qvantum, I learned about their advancements in sustainable construction technology, while MPA and The Concrete Centre showcased innovations in concrete that enhance durability and reduce environmental impact. I also realized the potential of robotic systems for tasks like bricklaying and welding, which could improve efficiency, precision, and safety in construction. Overall, it was a valuable and insightful experience. **Malghalara Khan – 10T**

The Future Build 2025 trip was highly educational, allowing me to engage with companies about their efforts to become more environmentally friendly. I gained insight into industry challenges and solutions. My group spoke with Heidelberg Materials, a leader in sustainable building materials, and Mitsubishi Electric, which aims for Net Zero emissions by 2050. Their innovations in concrete recycling, energy efficiency, and sustainable heating showcased how businesses are adapting to create a greener future. **Carla Mendes – 10**

Mendes – 10



At Future Build 2025, I gained valuable insights into sustainable materials and technologies for engineering and architecture. I learned about innovative companies using eco-friendly materials like Hemp Blocks, which reduce carbon footprints, and Myceen, which creates carbon-negative materials from mushrooms. I also explored Keding Enterprise's non-toxic wood panels. These materials, along with advancements in AI and sustainable house renovations, sparked new ideas for my Shaping Spaces Project. The event showcased diverse careers in sustainable construction, such as insulation installation and retrofit coordination. While I couldn't attend talks from major companies like Mitsubishi Electronics, the experience provided a deep understanding of the future of green building materials and practices, promoting sustainability and carbon reduction. The event emphasized STEM/STEAM fields, diversity in the industry, and how these innovations are shaping a greener future. I left inspired by the potential to contribute to environmental solutions through sustainable design. **Shraddha – 10T**

The Future Build event taught me a lot about manufacturing processes, sustainability, and environmentally friendly practices. I learned about various job opportunities, both practical and written, though I was surprised by the lack of diversity in some areas. The event showed how materials, like those used for ceilings, are applied in different fields, though I didn't get to test their durability or flexibility. I appreciated the small giveaways, which made the experience better. The people were welcoming and shared useful information about material engineering and the new materials being developed, which will help in my studies. Overall, it was a valuable learning experience. **Semi Rahman – 10R**



Attending Future Build enhanced my understanding of engineering and design, especially regarding businesses focused on sustainability. One company stood out for using wind and solar energy to power streetlamps, which reduces reliance on non-renewable resources, benefiting the planet. The event sparked my interest in the design aspects of inventions, and I have become more curious about considering a career in designing sustainable solutions. It was a valuable experience that broadened my perspective on the future of sustainable design and technology. **Vishmi – 10T**

At Future Build, we met many businesses that provided concise, informative presentations, often with diagrams and models to help deepen our understanding of their products. Their focus was on creating efficient, useful products made from sustainable materials while minimizing waste and energy use. I learned about the importance of teamwork in presenting these innovations. The event highlighted the strong STEM/STEAM involvement, with science used to choose materials and chemicals that are safe and effective. Technology was integrated to enhance efficiency and marketability, while engineering ensured designs were durable, sustainable, and functional. Math was essential for accurate measurements and planning, ensuring minimal waste and optimal outcomes. **Sneha – 10R**

I learned about various sustainable materials and career opportunities in sustainable engineering. I explored materials like slate; a durable, weather-resistant roofing option, and energy systems such as heat pumps. This increased my understanding of green materials and inspired my project to be more environmentally friendly and cost-effective. The growing awareness of global environmental challenges and policies demanding efficient building performance has created a demand for skilled professionals. Some of the new career paths in this sector that I learnt about include Environmental, Energy, Net Zero Building Engineers, Sustainability Analysts, Sustainability Designers and Chartered Surveyors. These roles are essential in addressing energy efficiency and carbon emissions in buildings and cities. **Shruthi 10J**



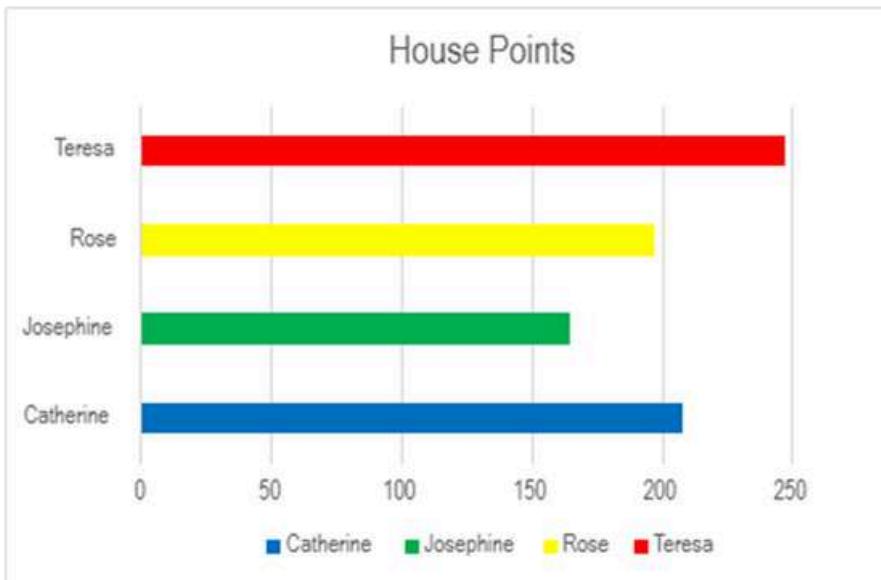
FUTUREBUILD
... Let's make a difference



House Tee Shirt Day!

House Point Update

It was lovely to see so many students wearing their House T-shirts today. The official count was conducted during form time with each student being present and wearing their T-shirt earning a point. These have now been added to the running total for the year which can be seen below. Congratulations to Teresa house who had the most students wearing T shirts overall and a special mention for 8 Rose who had 100% turnout and earned 20 bonus points as a result.



Mr Challis, Deputy Headteacher



International Women's Day UAI celebrations 2025 Continued...

Together, let's #AccelerateAction for gender equality

This year's official IWD campaign theme was #AccelerateAction, a call to all to promote the importance of taking swift and decisive steps to achieve gender equality, calling for increased momentum and urgency in addressing the systemic barriers and biases that women face, both in personal and professional spheres. Sadly, significant barriers to gender equality still remain, yet, with the right action and support, positive progress can be made for women everywhere and it is clear that our school community feels strongly about ensuring that we are part of solution moving forwards.



Year 7 online seminar with author Philippa Gregory and Geri Halliwell-Horner

As a part of our International Women's Day celebrations, Year 7 students were invited to take part in an online seminar with renowned author Philippa Gregory, alongside former Spice Girl and now children's author Geri Halliwell-Horner.

Philippa spoke about her book, 'Normal Women', which tells the stories of women throughout history who have not always been celebrated as they ought to be. Philippa spoke passionately about the role of women throughout history, and how their contributions have always been there, but they have not always been recorded in the history books. When asked to define a 'normal woman' today, Philippa replied that 'all women are 'normal women', whether they are ordinary or extraordinary, because a woman being extraordinary is normal', a message which resonated strongly with students and staff.



International Women's Day UAI celebrations 2025 Continued...

Both Geri and Philippa also went on to give good advice to aspiring writers in the audience about how to create believable characters and a coherent storyline. Overall, it was a fitting way to celebrate both International Women's Day and World Book Day.

**International Women's Day
Readathon® Exclusive Event!**

Celebrating **40 YEARS** of Readathon

Invitation only
online seminar
with bestselling
historical author
PHILIPPA GREGORY

7 March, 10-10.45am

Following participation in this event, Year 7 students are now invited to take part in a competition based on the idea of celebrating 'normal women' to win a copy of Philippa's book 'Normal Women' or Geri's book 'Rosie Frost and the Falcon Queen'. Please see details below for how to take part!



'NORMAL WOMEN' – WOMEN'S HISTORY MONTH COMPETITION

Open to all Year 7 students. Choose from one of the activities below.

Task 1

Write a manifesto outlining why women deserve to be paid the same as men.

- How would you research and decide which key points to include?
- What language would you use to persuade people?
- How would you promote your manifesto?

For Task 3 or 5, choose from one of the following women:

Mary Edwards

Task 2

Write a letter to Bridget Phillipson, Minister for Women and Equalities, explaining how women have often been missed out from the historical record and why this is a problem.

- Think about why women have not always been remembered by the historical record (who wrote the history books? What did they think was important?)
- Think about how history books might be different if they were all written from a women's perspective.

Richenda de Longchamp

Etta Lemon

Task 3

Research a lesser-known female figure from Philippa Gregory's 'Normal Women' who you had not heard of before (list below)

- Imagine you are the woman you have chosen.
- Write a letter to a young person living in the twenty-first century.
- What would you want to share with them and why?

Bella White

Lottie Dodd

Task 4

Create an informational display celebrating an important woman you know today in order to make them more widely known.

- Think about the interesting and important family, friends, women in your local community whose stories that you should be more widely known.
- What do you think we should know about them? What makes this 'normal' woman inspirational?

Agnes Hotot

Task 5

Research a lesser-known female figure from Philippa Gregory's 'Normal Women' who you had not heard of before (list below) that you found inspiring.

- What did she do that was important?
- Why should she be remembered?
- Present your work in an interesting way.

Mary Seacole

Elizabeth Wilkinson Stokes





P E News

P E Stars of the Week!

Azeezat Boluwatise Tijani 7T

Azeezat is a remarkable student who gives her all in every lesson. Her dedication and enthusiasm in the classroom are truly outstanding, as she consistently puts in her best effort and approaches challenges with a positive attitude. Beyond the classroom, she attends football club every week, demonstrating great determination, teamwork, and sportsmanship. She works hard when preparing for matches, always striving to improve her skills alongside her teammates.



Phoebe Billy-Giwa 9T

Phoebe is an outstanding student who always puts in maximum effort in every lesson. Her commitment and enthusiasm are truly inspiring, lifting the energy and motivation of those around her. She embraces challenges with a positive mindset and eagerly explores new sports, making a positive impact on the entire class. Beyond her own learning, Phoebe is always willing to support her peers, demonstrating kindness and leadership. She consistently gives her best, showing determination and resilience in everything she does.

Keep up the fantastic work, girls!

Ms Whates, Teacher of P E



Science News

We are delighted to announce the winners of the science week Biology competition!

The picture below with three posters are the top 3, and the photo on the right with two posters are the runners up.

1st Fola 9R

2nd Jannat 9C

3rd Zoya 7R

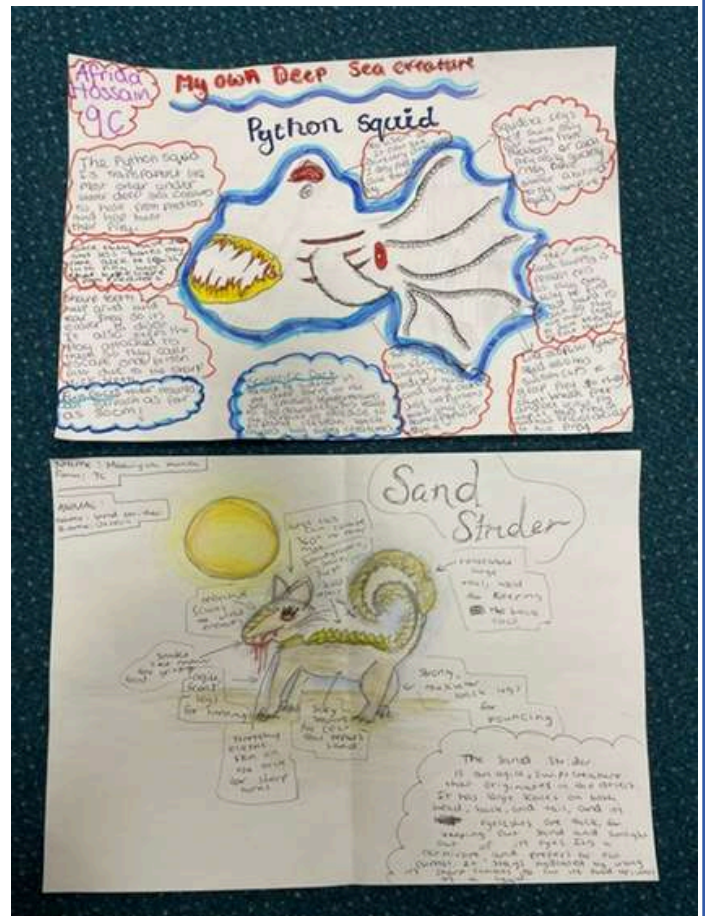
Runners up:

Afrida 9C

Maariyah 7C

Such creativity shown! Backed up with scientific knowledge!

Come and collect your prizes next week 😊



Ms Filipe, Head of Sciences



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

KPMG Virtual Work Experience Day – Yrs 11,12 & 13

Join the **KPMG Virtual Work Experience Day** during the Easter Break to explore career opportunities in **business, finance, accounting, and professional services** while developing key employability skills.

Date: Monday, 14th April

Time: 10:00 AM – 3:00 PM

Location: Virtual (join from anywhere)

Who Can Attend? Year 11, 12 and 13 students

What to Expect?

<https://www.surveymonkey.com/r/KPMG-Virtual>

We look forward to welcoming you online for the **KPMG Virtual Work Experience**

International Law Firm Undergraduate Bursary Programme

If you are in Year 13 and hold an offer to study law at a UK university, you could be eligible to apply for Sidley's Undergraduate Bursary programme!

What the bursary offers:

- ✓ Financial support throughout your undergraduate law degree
- ✓ Guaranteed work experience at Sidley
- ✓ Mentoring opportunities from legal professionals
- ✓ A chance to focus on your studies without financial concerns

Don't miss out - applications will open on 24 March 2025 and will close on 17 May 2025!

[London Opportunities](#) | [Europe](#) | [Sidley Careers](#)

Easter STEM Work Experience with Spectris PLC Wednesday,

16th of April from 9am - 3pm, Yrs 11, 12, 13



Are you interested in pursuing a career in engineering, science, or anything to do with STEM? Would you like to gain some rare and invaluable work experience with multiple global FTSE companies? If so, we have the perfect opportunity for you!

We are excited to announce that on Wednesday, **16th of April from 9am - 3pm**, we will be hosting a virtual work experience day with Spectris, Malvern Panalytical, HBK and Servomex! Spectris are a FTSE company and own all the other science and engineering-based companies mentioned above.

Registration Link:

<https://www.surveymonkey.com/r/Spectris-Easter>

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

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

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

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

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

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

It is important to note that:

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

Thank you for your co-operation.





Lunch Menus

MAINS *Only £2.50*

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

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

THEME BARS -PLUS DAILY- JACKET POTATOES & SALAD BAR

Meal Deal
Only £2.70

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



Daily Pasta Bar
 Slow Cooked Beef Bolognese (G)
 Tomato and Basil (G)
 Mac 'n' Cheese (G,Mk)
Served with
 Home baked Garlic Bread (G,So,Mk)
 Pesto (Mk) & Cheese (Mk)
Med£2.20/Large£2.50

GLOBAL EATS *From £2.50*



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

DESSERTS

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

£1.40

ALLERGENS
we're always here!

Ce = Celery Mo = Molluscs
 Cr = Crustacean Mu = Mustard
 E = Eggs N = Nuts
 F = Fish P = Peanuts
 G = Cereals containing Gluten Se = Sesame Seeds
 L = Lupin So = Soya
 Mk = Milk Su = Sulphur Dioxide

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

MAINS *Only £2.50*

Week Two: 13/01/2025, 03/02/2025, 03/03/2025, 24/03/2025

MON	TUE	WED	THU	FRI
★ FIESTA FLAVOURS ★ Smoky Chilli Con Carne with Crushed Tortillas (Mu) Vegan Smoky Veggie Chilli with Crushed Tortillas (Mu,So,Ce) Golden Jewelled Rice BBQ Beans (G,So) Extras: Flour Tortillas (G) Grated Cheese (Mk)	★ KATSU KITCHEN ★ Panko Chicken Katsu with Curry Sauce (G,E,So) Panko Sweet Potato Katsu with Curry Sauce (G,E,So) Steamed Rice Asian Salad Extras: Prawn Crackers (Su,Cr)	★ HOME COMFORTS ★ Chicken Sausages with Onion Gravy (G,Su) Grilled Vegan Sausages with Onion Gravy (So) Creamy Mashed Potatoes Green Beans Extras: Yorkshire Pudding (G,E,Mk)	★ MASALA MOMENTS ★ Chicken Tikka Masala with Mango Chutney Crispy Paneer Tikka Masala with Mango Chutney (Mk) Pilau Rice Onion Salad Extras: Nan Bread (G)	★ FISH & CHIP SHOP ★ Battered Fish Fillet (G,F) Sausage Roll (G,Mk,So,Su) Vegetable Spring Roll with Sweet & Sour Sauce (G,So) Chips Peas Baked Beans Extras: Chip Shop Gravy Curry Sauce (Mk,So)

THEME BARS -PLUS DAILY- JACKET POTATOES & SALAD BAR

Meal Deal
Only £2.70

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



Daily Pasta Bar
 Slow Cooked Beef Bolognese (G)
 Tomato and Basil (G)
 Mac 'n' Cheese (G,Mk)
Served with
 Home baked Garlic Bread (G,So,Mk)
 Pesto (Mk) & Cheese (Mk)
Med£2.20/Large£2.50

GLOBAL EATS *From £2.50*



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

DESSERTS

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

£1.40

ALLERGENS
we're always here!

Ce = Celery Mo = Molluscs
 Cr = Crustacean Mu = Mustard
 E = Eggs N = Nuts
 F = Fish P = Peanuts
 G = Cereals containing Gluten Se = Sesame Seeds
 L = Lupin So = Soya
 Mk = Milk Su = Sulphur Dioxide

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



Lunch Menus Continued...

MAINS

Only £2.50

Week Three: 20/01/2025, 10/02/2025, 10/03/2025, 31/03/2025



THEME BARS
-PLUS DAILY-

JACKET
POTATOES
& SALAD BAR



Daily Pasta Bar

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

Served with

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

Med £2.20 / Large £2.50

ALLERGENS

we're allergy aware!

Ce = Celery
Cr = Crustacean
E = Eggs
F = Fish
G = Cereals containing Gluten
L = Lupin
Mk = Milk
Mo = Molluscs
Mu = Mustard
N = Nuts
P = Peanuts
Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide

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



DESSERTS

MONDAY
Chocolate Marble Cake (G,Mk,E)
TUESDAY
Banana & Choc chip Sponge (G,E,Mk,So)
WEDNESDAY
Lemon Curd Cake (G,E,Mk,So)
THURSDAY
Sticky Toffee Pudding (G,E,Mk,So)
FRIDAY
Coconut & Lime Shortbread (G,Su)

£1.40

MON	TUE	WED	THU	FRI
<p>AMERICAN DINER</p> <p>Hot Dogs with Yellow Mustard Crispy Onions & Jalapenos (G,Mu,Se,Su)</p> <p>Veggie Hot Dogs with Yellow Mustard Crispy Onions & Jalapenos (G,Mu,Se,Su,E)</p> <p>Baked Potato Wedges Southern Style Coleslaw (Su,Mu,E)</p> <p>Extras: Onion Rings (G)</p>	<p>SOUTH AFRICA</p> <p>Cape Malay Chicken Curry (G)</p> <p>Vegan Chakalaka (Soweto Chilli)</p> <p>Fragrant Yellow Rice Tangy Bean Salad</p> <p>Extras: Mealie Bread (G,E,Mk,So)</p>	<p>ROAST</p> <p>Slow Roast Turkey with Stuffing & Roast Gravy (G)</p> <p>Vegan Winter Root Vegetable & Kale Filo Parcel (G)</p> <p>Crispy Roast Potatoes Baked Carrots & Parsnips</p> <p>Extras: Yorkshire Pudding (G,E,MK)</p>	<p>WRAP STATION</p> <p>BBQ Pulled Pork Wrap (G,Ce)</p> <p>Vegan BBQ Vegetable Wrap (G,Mu)</p> <p>Spicy Rice (Ce)</p> <p>Roasted Corn & Pepper Salad</p> <p>Extras: Tortilla Chips</p>	<p>FISH & CHIP SHOP</p> <p>Battered Fish Fillet (G,F)</p> <p>Roast Chicken</p> <p>Cheese & Onion Turnover (G,F,E)</p> <p>Chips Peas Baked Beans</p> <p>Extras: Chip Shop Gravy Curry Sauce (Mk,So)</p>

Meal Deal
Only £2.70

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

GLOBAL EATS

From £2.50



MON	TUE	WED	THU	FRI
Teriyaki Chicken Noodles (G,E,So,Su)	Cajun Beef & Rice Burrito (G,Mu)	Pepperoni and Mozzarella Panini (G,Mk)	Beef Meatball & Mozzarella Sub (G,Mk)	Cheese and Tomato Panini (G,Mk)



School Lunch



**EMPOWERING
PARENTS
TOGETHER**

Working together today, Improving their tomorrows

Neurodiversity and Mental Health

Part of the Partnerships for Inclusion of Neurodiversity in Schools (PINS) Project in Redbridge in collaboration with EPT

Join Gina Skourti (Mental Health Professional) for an online workshop on:

- emotional regulation, anxiety, and the links between neurodiversity & mental health
- simple, effective ways to create a safe & supportive home environment, and how to work with schools to help your child feel understood & thrive as their authentic self

**Open to staff & parents at Mayespark Primary and Manford Primary
This training has been extended to all SEND parent carers in Redbridge**

Monday 24th March 2025

Time : 7.30pm to 9.30pm

Booking link:

<https://EPTMHPINS.eventbrite.co.uk>

Contact details for free membership and forthcoming events

www.empoweringparentstogether.org.uk

info@empoweringparentstogether.org.uk

07486 880 799 & 07486 880 646

FACEBOOK: Empowering Parents Together - Redbridge



GAMING AND GAMBLING AWARENESS AND INFORMATION SESSIONS FOR PARENTS, CARERS AND GUARDIANS



METROPOLITAN
POLICE

Ygam are working with the Metropolitan Police to offer an online information session to help develop your understanding of gaming and gambling harms, enabling you to have open conversations with your children.

Workshop overview:

- **Gambling: exploring the influences on children and young people**
- **Gaming: discussing the benefits and concerns**
- **The blurred lines between gaming and gambling**
- **How to spot the signs of harm**
- **Useful tips to create a healthy gaming balance**
- **Where to get help and support**

WHAT
MIGHT INFLUENCE
A YOUNG PERSON
TO GAMBLE?

WHAT IS
A LOOT
BOX?

WHY ARE
IN-GAME ITEMS
SO IMPORTANT
TO YOUNG
PEOPLE?

We also have a dedicated Parent Hub which aims to provide information and guidance to help you safeguard your children against the potential harms of gaming and gambling. Find out more here parents.ygam.org

Book your **FREE** place now!

DATE: Tuesday 13th May 2025

TIME: 19:00 - 20:15

VENUE: Online via Microsoft Teams

To register, please scan the QR Code
or click [HERE](#)



What Parents & Educators Need to Know about STREAMERS

Livestreaming has become a big part of the entertainment people consume, and what began as a series of gamers sharing their screens has grown into a huge industry packed with personalities – and potential risks for your children. With over 2.5 million people watching Twitch, the most popular streaming service, at any one time, it's important to remain aware of the risks associated with streamers.

WHAT ARE THE RISKS?

INAPPROPRIATE CONTENT



Some gaming streamers will stick to family-friendly titles, but others will play more violent games that tend to be more popular. Non-gaming streamers could, in theory, discuss just about anything, and some streamers will often stream in revealing outfits.

NEGATIVE INFLUENCES



While things have improved, streamers are often paid by companies to promote products, and this isn't always stated explicitly. While it's unlikely these goods will be harmful to your child, some streamers and influencers have engaged (knowingly or not) in scams in the past.

FINANCIAL HARM

Streamers will often have donation buttons on their screens for users to submit money. What can start as small amounts can quickly spiral as streamers engage with paying viewers more often, potentially leading to financial issues.

UNREALISTIC EXPECTATIONS



Influencers often showcase how glamorous their lives are, making some users feel as though they are lesser. However, it's important to stress that, in many ways, this is an act, or at the very least, not common. Logan Paul, who has been successful as a streamer and influencer, has a Pokemon card worth \$5 million, but this is atypical of anyone working in the medium.

MISINFORMATION



Streamers are, in many ways, just like us – and they can get things wrong or reel off an opinion without having thought about it. Some can simply say awful things to get a rise out of viewers or to sway them to their side of a hot topic.

ADDICTION AND SCREEN TIME

If your child is watching a lot of a particular streamer, it can be just as damaging to their social life as playing too many video games.

Advice for Parents & Educators

EXPLAIN HOW STREAMING WORKS



For a younger viewer, being a streamer or influencer seems aspirational, but it involves a lot of work and no small degree of good fortune. Streamers are often managed and unable to speak freely due to sponsors, and influencers are just that – influencing young minds, for better or for worse.

CHECK OUT STREAMING PLATFORMS

While Twitch was the de facto streaming service for years, YouTube has gained popularity, too. Then there are Kick and Rumble, which have grown in popularity with moves for big-name streamers – despite many being dogged by controversy.

DO NOT LOG PAYMENT INFORMATION



Streamers can reward donations with additional content, on-camera "shout outs" and more. If you're unsure about who or what your child is watching, consider avoiding linking payment information. This is especially notable with Twitch, which is owned by Amazon and therefore has some crossover.

SET SCREEN TIME LIMITS



You can set screen time limits for mobile apps on iOS and Google, but with other platforms like a PC it may be more difficult to keep tabs. Consider checking in regularly to ensure your children aren't watching content they shouldn't be.

Meet Our Expert

Lloyd Coombes is the Games Editor of the Daily Star, and has been working in the gaming and tech industry for five years. A regular visitor to the App Store to try out new tools, he's also a parent and therefore understands the importance of online safety. He's also a tech and fitness writer and has been published at sites including IGN, TechRadar, and plenty more.



#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

